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THURSDAY DECEMBER 12TH, 2019

Gavin & Stacey cast thought calls about festive special were a scam - page five

Help, Guidance & Support at a time of Bereavement

GEM advertisement feature

Voters head to polling stations today

VOTERS will be heading to the polls today to decide who they want to see representing them in Westminster for the next four years.

Former Secretary of State for Wales and incumbent MP Alun Cairns will be hoping he has done enough to win over residents and return him to Parliament.

Labour candidate Belinda Loveluck-Edwards has spent the last few weeks campaigning

in a bid to claim the seat, which Mr Cairns has held since 2010. Anthony Slaughter, from the Green Party, and Gwlad Gwlad's Laurence Williams are also hoping they've done enough to take the top job.

Polling stations opened at 7am this morning and are expected to close at around 10pm before ballot papers are sent over to Barry Leisure Centre where the count is taking place.

In past General Elections, the Vale's

results have been announced between 2am and 3am.

The Vale of Glamorgan has always been a tightly fought battle between Labour and Conservative.

Conservative Mr Cairns won the 2017 election with a majority of just 2,190.

He picked up 25,501 votes, closely followed by Labour's Camilla Beaven with 23,311.

The GEM understands that TV news coverage is expected at the count.

TV news cameras are also expected in Bridgend, where polls are also suggesting that it might be a close call in an area which has been Labour since 1987. Incumbent MP Madeleine Moon, who has held the seat since 2005, is fighting the seat for Labour.

See next week's paper for an election round-up

Festive paddlers raise hundreds for heart charity



ISLAND SUP held a Santa SUP for Welsh Hearts on December 7 at Whitmore Bay, Barry Island.

The stand-up paddleboard club paddled around the bay for an hour dressed in festive gear, posing for photographs with surprised dog walkers. The club covered all festive characters: Santa, his elves and even a Christmas pudding. Island SUP raised

nearly £200 for Welsh Hearts. The club's next adventure will be to join the New Year's Day Dip on Barry Island.

Island SUP is a stand-up paddleboard club and school based on Barry Island supporting adults and youths to develop all aspects of their SUP. To find out more about Island SUP visit their Facebook page Island SUP.

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Historic market town lit up

THE arrival of the traditional Lantern Parade at the Town Hall signalled the Big Christmas Lights Switch On in Llantwit Major.

Famous as an ancient seat of learning and notorious for smuggling and shipwrecking, the Vale community last Saturday celebrated the more recent tradition of decorating the town centre in the run up to Christmas.

The Llantwit Major Community Christmas Committee was formed at a public meeting to coordinate the provision of festive lighting, Christmas trees, garlands and memory hearts throughout the town and the adjoining village of Boverton. Throughout the preceding months, numerous fundraising events have been enthusiastically supported, generous donations from both local businesses and members of the public received, and grants from Town and Vale councils, alongside the Chamber of Trade and Town Social Fund, were gratefully accepted.

The committee members, spurred on by public support and encouragement, have worked tirelessly towards the remarkable community achievement witnessed last weekend.

This year's parade included more participants than ever before, with the glow from paper lanterns lighting up the streets as they made their way along to the main Switch On event. Children eagerly met Santa Claus in his grotto, sat on his magnificent sleigh, and posed for photos with snowmen. Mulled wine was drunk, street food and coffees consumed, craft stalls and nearby shops and hostellers visited, and a programme of live performances from local groups was enjoyed by all.

The Mayor and members of the town council attended the event, and witnessed one of the largest public turn outs of recent times. The Switch On itself was compered by Father Edwin Counsell of St Illtud's, who introduced the winners of the raffle, whose prize was to Light Up The Town. The names drawn belonged to Sam and Shauna, the Hangfire Smokehouse girls (as seen on the BBC). Everyone joined in with the countdown, the town was lit, and the celebration commenced.

The following evening was Boverton's inaugural Switch On, with its own tree and Santa's sleigh parked for the holiday. The whole town now looks magically resplendent with all the buildings lit up and festooned with individual twinkling trees, shop windows are artistically dressed, and the streets now boast four full sized trees. As Christmas approaches, the whole community can feel proud of their picture postcard home.

John McCarthy, Chairman, Llantwit Major Christmas committee.

Mayor's thanks for 'wonderful' event

IWOULD like to thank all the organisations, shops and stallholders who made the Christmas Lights event such a wonderful day.

The community spirit was very evident throughout the day and my thanks to all who attended in the very cold weather. Furthermore, thank you to all the businesses who entered the Best Dressed Christmas Window competition.

Cllr Robert Gant, Llantwit Mayor Town Mayor.

Soup Ladies say thank you

WE would like to thank everyone who has attended and supported the autumn lunches during November at All Saint's Barry Church hall.

Everyone who came enjoyed the social aspect of the lunches as well as the delicious food on offer.

A magnificent sum of more than £1,300 has been raised which will be used for refurbishment projects in the church hall.

Thank you once again to our very loyal customers. We hope to see you all again at our Spring Lunches in 2020.

The Soup Ladies

Is soft plastic recyclable?

IHAVE just about managed to get to grips with the recycling and the different colour bags.

However, I am very annoyed at the situation with the soft plastic. I am regularly receiving plastic packaging with the '100% recyclable' logo, and we end up sending this to landfill and possibly ending up in the oceans because the Vale of Glamorgan Council does not collect it.

If some companies use packaging from 100% recycled material why are we sending it in black bags to landfill.

Vale of Glamorgan Council, please take note.
Irene Rogers, Rhosce

Time to reopen train lines in the Vale?

IHAVE been long interested in the possible re-instatement of the pre-1960s train line network in the Vale of Glamorgan.

I have studied extensively the Sully to Penarth line; unfortunately, the critical Biglis Junction and Sully train station locations have been re-landscaped

for redevelopment. However, large sections of the Barry to Cowbridge line are still accessible, other than the Cowbridge station section.

It may seemingly be possible to open this stretch, this would deal with the house building creating congestion on the Vale road network, particularly with regard to the new building around Llantwit Major.

Moreover, in the wisdom of the day, the line that is now operating and has been working fine for over a decade, the Bridgend to Barry section, could now see due to its increasing and extensive use the re-opening of Gileston station, and also the old halt near St Brides Major.

With lack of foresight, hundreds of miles of line were cut across Cymru starting before the Dr Beeching closures of the 1960s.

Can readers suggest a new Barry eastern trail line route that would deal with the increased problems between the town and Dinas Powys, and coastal through Sully and Penarth?

Karl-James Langford, Barry

Enjoy the fruits of their labours

WHILE enjoying the splendid flower displays adorning the lamp posts and the marvellous display in the Physic Garden and park, it is easy to forget the tremendous work put in, day after day, by the volunteers whose efforts make it possible for all of us to enjoy the fruits of their unremitting labours.

The town is richer for their achievements and it seems appropriate, at this season, to offer all concerned a heartfelt vote of thanks.

ATG Owens, Cowbridge.

What's on in your area and where?

Llantwit Twinning Association

THE Llantwit Major Town Twinning Association is holding a Christmas coffee morning on Saturday, December 14 between 10am and 12pm in the Llantonian Hall.

Entry is £3 with free refills and a raffle. Entertainment will be provided by the Ukuleles band (and application forms will be available for new members wishing to join).

Family fun at Fonmon

FAMILY Fun on Friday, December 13 in support of Save the Children. The fun-day will feature a Christmas Jumper event, and activities for children: a prize for the best jumper and a prize for the best children's craft masterpiece!

Christmas at Messy Church

CELEBRATE Christmas at Messy Church on Sunday, December 15 in the Reading Room, Bonvilston (opposite Old Village Shop) at 2.30pm - 4pm.

A warm welcome is extended to youngsters (and toddlers, with parents); there will be activities for all the family, crafty things, making Christingles, the real Christmas story, some singing, plenty of refreshments - and maybe gifts on the Christmas tree. We would be delighted if you could join us - further information from Rev Duffield on 07784 869020; Rev Canon Davies on 01446 760498 or Ann Roach on 01446 781309.

Cowbridge U3A History Group

THE next Cowbridge U3A History Group meeting will be a talk entitled 'Cardiff's Forgotten Castle' by Brian Davies at 10am on Thursday, December 19 in Cowbridge Town Hall.

Please note that this meeting is in the main hall. Visitors welcome; there is a small fee. See www.u3asites.org.uk/cowbridge.

PACT meetings

WHY not come along to Gibbonsdown 'Cuppa with a Copper' held every Monday morning at the Aberaeron HUB, Aberaeron Close between 10am and 12 noon?

Llandow Eweny Cuppa with a copper takes place at 11am at the Star Inn, Treos on Tuesday, December 17.

There will be a police surgery at Llantwit Major Library between 10.30am and 11.30am on Tuesday, December 17.

Knap Gardens for Nature

ART4U and the Friends of the Knap Gardens are inviting members of the public to help them create a collaborative nature path at the entrance to the Knap Lake and gardens on Saturday, December 21 from 10am.

The path marks the Winter Solstice and will be an opportunity to celebrate and focus on the beauty in Nature at this special time of year. For all ages; please bring natural materials, leaves, twigs, berries, driftwood etc.

Being mindful of our interaction enables us to see clearly that our well-being depends on Nature's well-being. If a tree stops being a tree, then we are all in trouble!

A concert takes place at St Francis Millennium Centre, Park Road, the Knap, Barry. Doors open at 6.30pm. Laura Bradshaw, the Porthkerry Community choir and guests will give a performance with a festive flavour. The event is free with a suggested donation of £5 towards Barry Action for Nature.

Send us your letters, stories and photographs

HIGH TIDE TIMES

The high tides listed in this week's Gem are those in Porthcawl. It should be remembered that along the coast, high tides times will vary. For instance, in Barry the high point will be 20-25 minutes later.

UNTIL DECEMBER 19

Date	Time	Height (metres)
12/12/2019	06.17	9.6
12/12/2019	18.39	9.8
13/12/2019	06.57	10.0
13/12/2019	19.18	9.9
14/12/2019	07.37	9.9
14/12/2019	19.58	9.9
15/12/2019	08.18	9.7
15/12/2019	20.45	9.7
16/12/2019	08.59	9.5
16/12/2019	21.31	9.4
17/12/2019	09.52	9.3
17/12/2019	22.21	9.0
18/12/2019	10.44	8.9
18/12/2019	23.21	8.7
19/12/2019	11.46	8.6

While the Gem makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

The Glamorgan GEM • Contact us...

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Jewellery stolen in Barry burglary

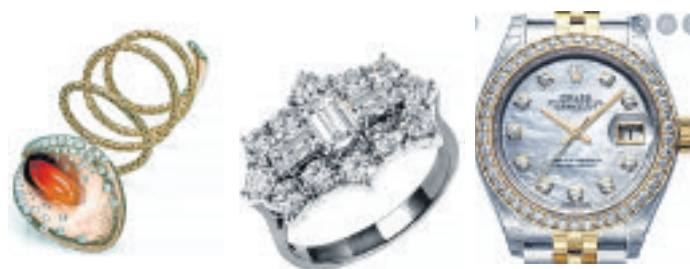


POLICE are appealing for information after a several pieces of jewellery, similar to those pictured, were stolen from a house in Barry.

Burglars struck at a property in Larkin Drive between 7.25pm and 7.40pm on December 6.

A spokesman for South Wales Police said: "We are keen to speak to anyone who may have been in the area or driving past with a dash cam between 6.30pm and 8pm."

Anyone with information should contact officers on 101 or Crimestoppers anonymously quoting 1900449877.



Works set to continue at Weycock Cross

WHILE the new road along Five Mile Lane is now open, some traffic management will remain around Weycock Cross as Welsh Water continues to undertake essential work in the area.

Work along Port Road West, toward Rhose, St Athan and Llantwit Major has now been completed, but cones and other traffic controlling measures will remain in place until temporary road studs are installed to mark out the various lanes.

Until this work is complete,

there will only be one lane, rather than two, available when travelling eastwards towards Barry from Rhose.

However, with two lanes of the roundabout in use, it is expected that traffic will move more freely.

It is hoped the traffic lanes can be temporarily marked out before Christmas.

There is work to be completed by Welsh Water along both Pontypridd Road and Five Mile Lane toward the Hawking Centre.

This is a continuation of the work currently taking place along Pontypridd road.

Welsh Water will be removing

the traffic management associated with this on December 20 for the Christmas break.

In the New Year, further traffic management measures will be in place to enable Welsh Water to continue their work.

The exact extent of these arrangements is still being discussed by the Council and further information will be made available early next year.

Work currently taking place along Five Mile Lane will continue in the New Year between 7pm and 7am.

Bowls clubs share 'Place for Sport' £1m cash injection

THREE bowls clubs are set to upgrade their facilities after the Vale of Glamorgan Council helped them secure funding.

Millwood, Barry Romilly, and Penarth Belle Vue bowling clubs will all benefit from a £4,000 cash injection, a share of £1 million available from Sport Wales.

Allocated by Welsh Government, Place for Sport grants are designed to help clubs and organisations modernise, protect or create new sports facilities.

The bowls clubs are likely to invest in equipment to help them maintain their greens and changing areas after recently taking over responsibility for them from the council.

Dave Knevett of Neighbourhood Services and Transport said: "This funding will make a significant impact in improving sports facilities in our communities

and I am excited to see these projects take shape. This investment will also allow residents to enjoy the lifelong benefits of sport and physical activity."

The grant funding is benefiting 28 different sports, with the financial awards ranging from £295 up to £50,000. "The response to the application process was quite staggering really," said Sport Wales' director Brian Davies. "We were able to direct many people to our other grant schemes, but it was a real challenge making the final awards."

"We're delighted that so many clubs, across so many sports, are going to be strengthened because of the investments we've been able to make. Hopefully, given the response we had, we can make an excellent case for additional funding from Welsh Government in the future."

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Disabled woman praised for challenging stereotypes and social prejudices



A SEVERELY disabled woman from Penarth has been recognised for challenging stereotypes and entrenched social prejudices in a bid to make her community better.

Romana Thomas was announced as being on the UK-wide Learning Disability and Autism Leaders List 2019 by Dimensions, a not-for-profit organisation supporting people with learning disabilities.

Romana, who also has very little speech, is constantly pushing those around her to change their own lives and raise their expectations of hers.

Mum Angela said: "I know I am biased, but it is wonderful to be able to celebrate the amazing inspiring person that Romana has grown into."

"She will continue to make a difference to the community just by being who she is. A wonderful, joyful, determined young lady with a passion for life."

Romana attended Ashgrove School and Ysgol Y Deri before starting a course at Bridgend

College where she is thriving.

Angela added: "Many people know her for her bargain hunting around Penarth town on a Saturday which she looks forward to and it is very much part of her routine."

"She also loves kayaking at the international white water rafting centre at Cardiff Bay, enjoys her walks around Cosmeston Country Park and also loves the pier, watching a good movie in the pavilion, especially if it's a sing along!"

Romana is just entering year three at college, where she is a weekly boarder.

Angela explained: "Initially, the professionals around us felt that Romana would need to be in a long stay college. I was against that. I thought she wouldn't understand what was going on around her."

"But Bridgend were happy to assess her for weekly boarding and to all of our surprises, she passed with flying colours. She was even student of the year in her first year!"

Sarah Clarke, campaigns manager at Dimensions, said: "We



ABOVE: Romana picking up her student of the year award.

are incredibly proud to be celebrating Romana, whose work is not only challenging perceptions but also inspiring others and showing the world that everyone can make a difference.

"Everyone can learn something from people with learning disabilities and autism. We hope people like Romana

inspire change and demonstrate that we all play an important part – from individuals to decision makers – to make society more inclusive.

"We hope Romana inspires others and helps them realise that their ambition – however big or small, can make a real difference."

CYNGOR BRO MORGANNWG (GWAHARDD A CHYFYNGU AR FANNAU AROS A LLWYTHO A PHARCIO) (GORFODI SIFIL) (DIWYGIAD) (RHIF 5) 2019

1. Hysbysir drwy hyn bod Cyngor Bro Morgannwg, wrth arfer ei bwerau dan Ddeddf Rheoleiddio Traffig Fyrrdd 1984, a Deddf Rheoli Traffig 2004 a'r holl bwerau galluogi eraill, yn cynnig gwneud Gorchymyn er mwyn gosod a thynnu'r cyfyngiadau parcio a nodir yn yr atodlen isod.
2. Mae modd gweld manylion llawn y cynigion hyn yn y cyfeiriad isod yn ystod oriau gwaith arferol a rhaid cyflwyno unrhyw wrthwynebiadau sydd gennych i'r cynnig hwn i Gyfarwyddwr yr Amgylchedd a Thai (Cyf. IF883) yn ysgrifenedig erbyn 3 Ionawr 2020 a rhaid cynnwys eich rhesymau dros wrthwynebu.
3. Rhoddir gwybod i unrhyw un sy'n gwrthwynebu'r Gorchymyn arfaethedig, yn unol â Deddf Llywodraeth Leol (Mynediad at Wybodaeth) 1985, bod rhwymedigaeth gyfreithiol ar y Cyngor hwn i alluogi'r cyhoedd i archwilio unrhyw sylwadau a ddaw i law am y Gorchymyn a gynigir.

Diwygir y Gorchymyn Rheoleiddio Traffig canlynol fel a ganlyn:

Gorchymyn Gwahardd a Chyfyngu ar Fannau Aros a Llwytho a Pharcio (Gorfodi Sifil) 2013

Insert into map schedules AX50 AY50

Cynnig Gwahardd Aros ar Unrhyw Adeg / Llwytho / Dad-lwytho ar Unrhyw Adeg

Hood Road, Y Barri

Ar ochr y gorllewin o'r gyffordd â Ffordd y Mileniwm am bellter o 160 metr tua'r gogledd ac yna yn gyfeirnodol tua'r de-orllewin.

Ar ochr y de-ddwyrain, o bwynt 165 metr o'r gyffordd â Ffordd y Mileniwm am bellter o 40 metr tua'r de-orllewin.

Ar ochr y de-ddwyrain, o bwynt 236 metr o'r gyffordd â Ffordd y Mileniwm am bellter o 64 metr tua'r de-orllewin.

Ar ochr y de-ddwyrain, o bwynt 165 metr o'r gyffordd â Ffordd y Mileniwm am bellter o 40 metr tua'r de-orllewin.

Ar ochr y gogledd-orllewin o flaen ochr ddeheuol y ganolfan iechyd ac yn unol â chyfyngiadau presennol o bwynt sydd 24.8 metr tua'r gogledd-ddwyrain o'r gyffordd ag Island Road am bellter o 22 metr tua'r gogledd-ddwyrain.

Ar ochr y gogledd-orllewin o flaen ochr ddeheuol y ganolfan iechyd ac o bwynt sydd 80.8 metr tua'r gogledd-ddwyrain o'r gyffordd ag Island Road am bellter o 116 metr tua'r gogledd-ddwyrain.

Ar ochr y gogledd-orllewin o flaen ochr ddeheuol y Pumphouse ac o bwynt sydd 203.8 metr tua'r gogledd-ddwyrain o'r gyffordd ag Island Road am bellter o 137 metr tua'r gogledd-ddwyrain.

Ar ochr y dwyrain o'r gyffordd â Ffordd y Mileniwm am bellter o 168 metr tua'r gogledd.

Hood Road, y Barri (rhan ogleddol)

O ochr y gogledd-ddwyrain o bwynt sydd gyferbyn â chyffordd ogleddol y Pumphouse am bellter o 42 metr tua'r de-ddwyrain.

ATODLEN 2

Insert into map schedules AG62 AH62

Insert into map schedules AX50 AY50

Cynnig Aros Cyfyngedig dydd Llun i Sadwrn 8am tan 6pm a dim dychwelyd o fewn dwy awr.

Hood Road, Y Barri

Ar ochr y gogledd-orllewin o bwynt 44.8 metr tua'r gogledd-ddwyrain o'r gyffordd ag Island Road, am 34 metr tua'r gogledd-ddwyrain.

Ar ochr y de-ddwyrain, o bwynt 205 metr o'r gyffordd â Ffordd y Mileniwm am bellter o 30 metr tua'r de-orllewin.

Dyddiad: 12 Rhagfyr 2019
Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpau,
Gwenfô. CF5 6AA.



THE VALE OF GLAMORGAN COUNCIL (PROHIBITION AND RESTRICTION OF WAITING AND LOADING AND PARKING PLACES) (CIVIL ENFORCEMENT) (AMENDMENT) (NO 5) ORDER 2019

1. Notice is given that the Vale of Glamorgan Council in exercise of its powers under the Road Traffic Regulation Act 1984 and the Traffic Management Act 2004 and of all other enabling powers proposes to make an Order to install and remove the parking restrictions specified in the schedules below.
2. Full details of the proposals, may be inspected at the address shown below during normal office hours and any objections you may have to this proposal must be submitted to the Director of Environment & Housing (Ref. IF893) in writing by 3rd January 2020 and must contain the grounds upon which you object.
3. Persons objecting to the proposed Order are advised that in view of the Local Government (Access to Information) Act 1985 this Council is legally obliged to make any comments received in response to the proposed Order open to public inspection.

The following Traffic Regulation Order is to be amended as follows:
Prohibition and Restriction of Waiting and Loading and Parking Places (Civil Enforcement) Order 2013

SCHEDULE 1

Insert into map schedules AX50 AY50

Proposed Prohibition of Waiting / Loading / Unloading at Any Time.

Hood Road Barry

On the west side from its junction with Ffordd-Y-Mileniwm for a distance of 160 metres in a northerly and then in a general south-westerly direction.

On the south east side from a point 165 metres from its junction with Ffordd-Y-Mileniwm for a distance of 40 metres in a south westerly direction.

On the south east side from a point 236 metres from its junction with Ffordd-Y-Mileniwm for a distance 64 metres in a south-westerly direction.

On the south east side from a point 311 metres from its junction with Ffordd-Y-Mileniwm for a distance of 53 metres in a south westerly direction.

On the north west side fronting the southern side of the health centre and contiguous with existing restrictions from a point 24.8 metres north-east of its junction with Island Road for a distance of 22 metres in a north-easterly direction.

On the north west side fronting the southern side of the health centre from a point 80.8 metres north-east of its junction with Island Road for a distance of 116 metres in a generally north-easterly direction.

On the north west side fronting the southern side of the Pumphouse from a point 203.8 metres north-east of its junction with Island Road for a distance of 137 metres in a generally north-easterly direction.

On the east side from its junction with Ffordd-Y-Mileniwm for a distance of 168 metres in a general northerly direction.

Hood Road Barry (Northern Section)

On the north east side from a point opposite the northern junction of the Pumphouse for a distance of 42 metres in a south-easterly direction

Insert into map schedules AG62 AH62

SCHEDULE 2

Insert into map schedules AX50 AY50

Proposed Limited Waiting Monday to Saturday 8am to 6pm 2 hours

no return within 2 hours.

Hood Road Barry

On the north west side from a point 44.8 metres north-east of its junction with Island Road for a distance of 34 metres in a north-easterly direction.

On the south east side from a point 205 metres from its junction with Ffordd-Y-Mileniwm for a distance of 30 metres in a south-westerly direction.

Dated this 12th day of December 2019
Director of Environment & Housing
Vale of Glamorgan Council, The Alps,
Wenvoe. CF5 6AA.



Railway history for Men's Forum

AT Barry Men's Forum, the speaker was Brian Mills who has spent many years researching the history of Britain's railway signalling from its early days around 1830 to the present day.

The development over the 190 years has been enormous and has made the British rail network one of the safest to travel on.

In the earliest days, trains were controlled by line side policeman with flags, paraffin lamps and hand signals and were affectionately known as 'Bobbies', a term still used by railway staff.

There were many rail companies operating with their unique systems to control trains but over a period of time, signalling was unified nationally when the GWR, LNER, LMS and the Southern Region were created in the 1920s.

Changes occurred and electric signals arrived but even as late as the 1970s, paraffin lamps were used.

The railways were in dire straits when the war ended and a slow modernisation began.

Part of this modernisation resulted in the closing of many signal boxes which were very labour intensive.

Competition from road transport was starting, the coal industry was in decline and modernisation began in the late 1950s.

Signalling was done from what was known as Panel Boxes, although many of the traditional boxes remained operational.

A review of updating the Panel Boxes by a more modern system using Regional Operating Centres was created nationally, with nine centres controlling the country's rail system. The nearest one is at Cardiff Canton, responsible for controlling all rail movements in Wales.

Barry Men's Forum meets on Thursdays at Holy Trinity Church Hall, Aberystwyth Crescent, Barry at 9.45am. For more information call Mac Tanner on 01446 743455.

Gavin & Stacey cast thought calls about festive special were a scam



LEFT: James Corden, Joanna Page, Mathew Horne and Ruth Jones.
All photos credited to the BBC.

A 'NIGERIAN prince' nearly scuppered the hotly-anticipated return of BBC sitcom Gavin & Stacey, one of the show's cast members recently revealed.

Robert Wilfort, who plays Stacey's brother Jason in the hit show, said he ignored James Corden's phone calls as he thought they were a scam.

Corden, who writes the show alongside Ruth Jones, was tasked with rallying some of the cast back together again from his home in Los Angeles, California.

But Wilfort, a former Porthcawl Comprehensive student, didn't pick up his co-star's calls as they were coming from America.

He explained: "I got this call from Los Angeles, it was James, but I thought it was a scam, like the Nigerian prince trick or something."

And it wasn't just Wilfort who thought Corden's communication attempts were a wind-up.

Melanie Walters, who plays Gwen West, told journalists at the show's official press launch in London that she blanked Corden, who is now a big hit in

America, several times.

She said: "James texted me. And the way he phrased the text was: 'It's James Corden here Mel, you may remember me.'"

"I just thought I was being trolled. I just completely ignored it. Then he rang and it was a weird number so I completely ignored it again."

"It was around the fourth time, he actually left a voicemail, and I finally realised it was him."

Joanna Page, the actress behind Stacey, also ignored Ruth Jones' attempts to get in touch with her about the show's festive special – even though her calls were coming from the UK.

She said: "Ruth just got in touch with me on every form of social media, email, message, everything."

"And I am not very good at getting back in touch with people. I am absolutely terrible. So I didn't respond for a bit because I was busy with the kids."

But Page, who originally thought Jones was getting in touch to tell her some 'dodgy' photos had been leaked, was "hysterical" to discover the show was returning.

By Sam Hall



GORCHYMYN CYNGOR BRO MORGANNWG (LLWYBR CYHOEDDUS PORTHCERI RHIF 2) RHWS (CAU DROS DRO) (Rhif 3) 2019

Ar 28 Tachwedd 2019, gwnaeth Cyngor Bro Morgannwg wrth arfer ei bwerau dan Adran 14 Deddf Rheoleiddio Traffig Ffyrdd 1984 Orchymyn a fydd yn gorfodi'r hyn a ddisgrifir yn yr atodlenni isod:

Daw'r Gorchymyn i rym ar 1 Rhagfyr 2019 ac fe'i gelwir yn "Gorchymyn Cyngor Bro Morgannwg (Llwybr Cyhoeddus Porthceri Rhif 2) (Cau Dros Dro) (Rhif 3) 2019."

Os ydych am gwestiynu dilysrwydd y Gorchymyn neu'r darpariaethau ynddo

ar y sail nad ydynt yn unol â'r pwerau a ddyfarnwyd gan y Ddeddf uchod neu ar y sail na gydymffurfio ag unrhyw un o ofynion y Ddeddf, neu unrhyw offeryn a wnaed dan y Ddeddf mewn perthynas â'r Gorchymyn, gallwch, o fewn chwe wythnos o 1 Rhagfyr 2019, wneud cais i'r Uchel Lys at y diben hwn.

ATODLEN 1

Ni chaiff unrhyw un gerdded ar y lleoliadau a nodir yn Atodlen 2 isod.

ATODLEN 2

Lleoliad	Llwybr troed (hawlau tramwy cyhoeddus) a elwir Porthkeri Rhif 2 ar gau o'i chyffordd â ffordd y Rhws i gyfeiriad y De i'r pwynt y mae'n cwrdd â Meadow Green.
Llwybr	Bydd gwyradau lleol wedi eu harwyddo yn eu lle
Rheswm	I atal perygl i gerddwyr tra bod gwaith draenio a gwaith goleuo/gosod wyneb newydd yn cael ei wneud.
Hyd	O 0.01 am ddydd Sul 1 Rhagfyr 2019 tan 0.00 am ddydd Mercher 15 Ionawr 2020

Dyddiedig 12 Rhagfyr 2019
Cyfarwyddwr Amgylchedd a Thai
Cyngor Bro Morgannwg, The Alps, Gwenfó. CF5 6AA.

See next week's paper to find out how the cast kept details of the reunion under-wraps

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THE VALE OF GLAMORGAN COUNCIL (PORTHCERY PUBLIC FOOTPATH No 2) RHOOSE (TEMPORARY CLOSURE) ORDER (No 3) 2019

On the 28th November 2019 the Vale of Glamorgan Council in exercise of its powers under Section 14 of the Road Traffic Regulation Act 1984, made a further Order as described in the schedules below:

The Order came into force on 1st December 2019 and will be known as "The Vale of Glamorgan Council (Porthkeri Public Footpath No 2) Rhose (Temporary Closure) Order (No 3) 2019."

If you wish to question the validity of the Order or any provisions contained therein on the grounds that they are not within the powers conferred by the above Act or on the grounds that any requirement of the same or that any instrument made under it has not been complied with in relation to the Order, you may within six weeks from the 1st December 2019 apply to the High Court for this purpose

SCHEDULE 1

1. No person shall proceed on foot in the locations specified in Schedule 2 below.

SCHEDULE 2

Location	Footpath (Public Rights of Way) known as Porthkeri Number 2 closed from its junction with Rhose Way in a southerly direction to the point it meets Green Meadow Way.
Alt. Route	Local Signed diversions shall be in place.
Reason	To prevent danger to pedestrians while drainage works and new lighting / resurfacing work is carried out.
Duration	From 0.01am on Sunday 1st December 2019 until 00.00pm on Wednesday 15th January 2020

-Dated this 12th day of December 2019
Director of Environment & Housing
Vale of Glamorgan Council, The Alps Depot, Wenvoe. CF5 6AA.

Fairer loans this Christmas



Jane Hutt and chief executive Leanne Herberg at the Union's Barry office.

THE not for profit Cardiff and Vale Credit Union is open for fair and affordable Christmas Loans at 174 Holton Road.

This was the message from their patron, Jane Hutt AM, who met chief executive Leanne Herberg in their Barry

office. She congratulated Cardiff and Vale Credit Union for achieving five star accreditation by Fairbanking Foundation in recognition of their ethical loan practices.

Cardiff and Vale Credit Union has a membership of 10,000 members including more than 4,000 young savers with many Vale

schools setting up young savers clubs.

Ms Hutt said: "The Cardiff and Vale Credit Union has been accredited at the highest level for their not for profit loans and their shopfront office on Holton Road is open every weekday from 9.30am, offering affordable Christmas loans."



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Albert has the wow factor!

FROM transportation to robots on the rampage, Albert Primary School children have once again immersed themselves in their learning as they get ready for next term.

Last Friday, Albert pupils had an immersion day, where pupils have a multi-sensory experience of their new topic.

The students let their imaginations run wild while having new experiences to trigger ideas for lessons in the forthcoming term.

The children had fun dressing up to fit their new theme.

As the standard is sky high in Albert, immersion days are always filled with a range of exciting activities to introduce the new windows of learning.

Year-6 had a nerve-racking start to the day, as the teachers had simulated a sweat shop.

They spent the morning counting rice and wondering, what had happened?

While year-6 were worrying about their changed teachers, year-5 were trying to guess their topic, based on the clues in their classroom, but eventually the students discovered their topic 'Off with Their Heads' where they will explore the world of the Tudors.

Year-4 walked into their classrooms dressed as famous inventors and inventions to discover a new and exciting world.

Their morning included painting, collaging and ICT. They spent their afternoon generating ideas for their future work.

Year-3 learned about robots and dressed as robots to fit the day.

Year-2 had a great time celebrating different designs and designers from around the world.

A year-2 child said: "It was a great experience and it was very fun." Another one added: "We enjoyed it."

Year-1 enjoyed their day learning about different vehicles and ways of transporting.

They boarded the Albert Express train and also made passports to travel through the airport that had appeared in the classroom.

One said: "I loved making the pretend passports."



Albert Primary School always looks at ways to make the curriculum more exciting and engaging for its children. All the children went home happy at the end of the day with everyone looking forward to the exciting learning opportunities that await in the new year.

Report written by the Albert Primary School Media Monitors.

GORCHYMYN CYNGOR BRO MORGANNWG (A48, (RHAN), SAIN NICOLAS) (CYFYNGIAD CYFLYMDER 30 MYA) 2019

1. Hysbysir drwy hyn fod Cyngor Bro Morgannwg wrth arfer ei bwerau dan Adranau 1, 2 a 84 Deddf Rheoleiddio Traffig Ffyrdd 1984 (fel y'i diwygiwyd) a'r holl bwerau galluogi eraill, yn bwriadu gwneud Gorchymyn a fydd yn gwneud yr hyn a ddisgrifir yn yr Atodlenni isod:
2. Gellir archwilio manylion llawn y cynnig, gan gynnwys y Gorchymyn arfaethedig a'r Cynllun Rhif: T/19/41/MS, yn y cyfeiriad a nodir isod yn ystod oriau swyddfa arferol.
3. Rhaid cyflwyno unrhyw wrthwynebiad sydd gennych i'r cynnig i Gyfarwyddwr yr Amgylchedd a Thai (Cyf: IF892) yn ysgrifenedig erbyn 3 Ionawr 2019 a rhaid nodi sail eich gwrthwynebiad.
4. Rhoddir gwybod i unrhyw un sy'n gwrthwynebu'r Gorchymyn arfaethedig, yn unol â Deddf Llywodraeth Leol (Mynediad at Wybodaeth) 1985, bod rhwymedigaeth gyfreithiol ar y Cyngor hwn i alluogi'r cyhoedd i archwilio unrhyw sylwadau a ddaw i law am y Gorchymyn a gynigir.

ATODLEN 1

Ni chaiff unrhyw berson achosi neu alluogi cerbyd i deithio'n gyflymach na 30 m.y.a. yn y lleoliad a nodir yn Atodlen 2 isod.

ATODLEN 2

Insert into map schedules AB47. Gorchymyn Cyfyngiad Cyflymdr 30 mya Arfaethedig. **A48 Sain Nicolas** O bwynt 32 metr i'r gogledd-ddwyrain o'r gyffordd â Campbell Court i gyfeiriad y gogledd-ddwyrain am 110 metr, gan ddod i ben yn lleoliad adolygedig nodweddd ddwyreiniol porth Pentref Sain Nicolas.

Dyddiedig 12 Rhagfyr 2019
Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpacu,
Gwenfó CF5 6AA



THE VALE OF GLAMORGAN COUNCIL (A48 (PART), ST NICHOLAS) (30 MPH SPEED RESTRICTION) ORDER 2019

1. Notice is given that the Vale of Glamorgan Council in exercise of its powers under Sections 1, 2 & 84 of the Road Traffic Regulation Act 1984 (as amended) and of all other enabling powers proposes to make an Order the general effect of which is as described in the Schedules below.
2. Full details of the proposals, to include a copy of the proposed Order, and Plan No: T/19/41/MS may be inspected at the address shown below during normal office hours.
3. Any objection you may have to this proposal must be submitted to the Director of Environment & Housing (Ref: IF892) in writing by 3rd January 2019 and must contain the grounds upon which you object.
4. Persons objecting to the proposed Order are advised that in view of the Local Government (Access to Information) Act 1985 this Council is legally obliged to make any comments received in response to the proposed order open to public inspection.

SCHEDULE 1

No person shall cause or permit a vehicle to proceed at a speed greater than 30 miles per hour in the location specified in Schedule 2 below.

SCHEDULE 2

Proposed 30 mph Speed Restriction Order. (Insert into map schedule AB47). A48 (Part) St Nicholas

From a point 32 metres northeast of its junction with Campbell Court in a north-easterly direction for distance of 110 metres, terminating at the revised location of the eastern St Nicholas Village gateway feature, with David Street.

Dated this 12th day of December 2019
Director of Environment & Housing
Vale of Glamorgan Council, The Alps,
Wenvoe, CF5 6AA.



Latest news from U3A

THE December meeting of Barry U3A met a little earlier than usual in order for members to enjoy a Christmas lunch.

A group spokesman said: "Special thanks went to the dedicated members who spent time and effort setting up the tables and laying out the food for everyone, and who then did the clearing away and washing up afterwards."

"Usually at the meetings, a speaker gives a talk on an issue of importance; but at the Christmas meeting members like to enjoy something a little more

relaxing.

"This year we were entertained by Bob Newman and his wife Dianne. Bob played the guitar and sang us songs of yesteryear and his wife sang a few country and western songs. "They also threw in a few Christmas songs for good measure and we enjoyed a happy sing-along after our lovely meal. It will be back to normal in January."

"The next meeting of Barry U3A will be on Monday, January 6 at 2pm in Bethel Baptist Church Hall at Harbour Road."

"Call Christine on 01446 701537 for further information."

Penarth Library victorious in town's Christmas tree competition



THE annual 'Penarth in Bloom' best decorated Christmas tree competition was awarded to Penarth Library at last week's late night shop.

The winner's certificate and wreath were presented by Town Mayor and competition judge, Cllr Angela Thomas, as part of the late night shopping event, which was organised by Shop Penarth and the Traders Group, and was a roaring

success with many local people snapping up a pre-Christmas bargain.

Melanie Weeks, Senior Librarian, said: "We've really enjoyed taking part in the competition this year, along with all the other traders and organisations in the town. Thanks must go to Suki, Jan and the team for all their hard work and boundless creativity. Do pop in to see our beautiful tree before exploring the wide variety of shops in this part of Penarth."

The competition is run by Penarth Town Council

as part of 'Penarth in Bloom' and hopes to encourage the community to plant, grow and explore the town with a goal of helping to improve Wales' garden by the sea. The Christmas trees are an extension of the summer planters scheme and the miniature spruce trees have helped to bring some green-fingered festivity to more than 60 businesses and organisations in the town.

While some of this year's trees were

a little more 'miniature' than 'spruce,' the council are pleased to confirm that the trees will be replanted locally where they will grow taller year on year, making for a more sustainable Christmas tradition.

If you would like to hear more about Penarth in Bloom for 2020, send a message to Enquiries@PenarthTownCouncil.gov.uk for more information.

Email your stories, photos and sports reports to editorial@glamorgan-gem.co.uk

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GORCHYMYN CYNGOR BRO MORGANNWG (GWAHARDD A CHYFYNGU AR FANNAU AROS A LLWYTHO A PHARCIO) (GORFODI SIFIL) (DIWYGIO) (RHIF 6) 2019

- Hysbysir drwy hyn fod Cyngor Bro Morgannwg, wrth arfer ei bwerau dan Ddeddf Rheoleiddio Traffig Ffyrdd 1984 a Ddeddf Rheoli Traffig 2004 a'r holl bwerau galluog ei eraill, yn cynnig gwneud Gorchymyn a fydd yn rhoi'r cyfyngiadau parcio a nodir yn yr atodlen isod ar waith.
- Mae modd gweld manylion llawn y cynnig hyn yn y cyfeiriad isod yn ystod oriau gwaith arferol a rhaid cyflwyno unrhyw wrthwynebiadau sydd gennych i'r cynnig hwn i Gyfarwyddwr yr Amgylchedd a Thai (Cyf. IF895) yn ysgrifenedig erbyn 3 Ionawr 2019 a rhaid cynnwys eich rhesymau dros wrthwynebu.
- Rhoddir gwybod i unrhyw un sy'n gwrthwynebu'r Gorchymyn arfaethedig, yn unol â Ddeddf Llywodraeth Leol (Mynediad at Wybodaeth) 1985, bod rhwymedigaeth gyfreithiol ar y Cyngor hwn i alluogi'r cyhoedd i archwilio unrhyw sylwadau a ddaw i law am y Gorchymyn a gynigir.

Diwygir y Gorchymyn Rheoleiddio Traffig canlynol fel a ganlyn:

Gorchymyn Gwahardd a Chyfyngu ar Fannau Aros a Llwytho a Pharcio (Gorfodi Sifil) 2013

ATODLEN

Insert into map schedules AG62 AH62
Cynnig Gwahardd Aros ar Unrhyw Adeg.
Pantycelyn Road. (Gogledd)

Ar ochr y de-ddwyrain o'r gyffordd â Dochdwy Road tua'r de-orllewin am 10 metr.

Pantycelyn Road. (De)

Ar naill ochr y ffordd o'r gyffordd â Dochdwy Road tua'r gogledd-orllewin am 10 metr.

Dochdwy Road. (Gogledd)

Ar ochr y gogledd, o bywynt 10 metr tua'r gorllewin o'r gyffordd â Waverly Close tua'r gogledd-orllewin am 38 metr.

Ar ochr y de, o'r gyffordd â Pantycelyn Road tua'r de-ddwyrain am 10 metr.

Dochdwy Road. (De)

Ar ochr y gogledd, o'r gyffordd â Pantycelyn Road tua'r gorllewin am 10 metr.

Ar ochr y gogledd, o'r gyffordd â Pantycelyn Road tua'r dwyrain am 10 metr.

Dyddiad: 12 Rhagfyr 2019
Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg, yr Alpau,
Gwenfô. CF5 6AA.



THE VALE OF GLAMORGAN COUNCIL (PROHIBITION AND RESTRICTION OF WAITING AND LOADING AND PARKING PLACES) (CIVIL ENFORCEMENT) (AMENDMENT) (NO 6) ORDER 2019

- Notice is given that the Vale of Glamorgan Council in exercise of its powers under the Road Traffic Regulation Act 1984 and the Traffic Management Act 2004 and of all other enabling powers proposes to make an Order to install the parking restrictions specified in the schedule below.
- Full details of the proposals may be inspected at the address shown below during normal office hours and any objections you may have to this proposal must be submitted to the Director of Environment & Housing (Ref. IF895) in writing by 3rd January 2019 and must contain the grounds upon which you object.
- Persons objecting to the proposed Order are advised that in view of the Local Government (Access to Information) Act 1985 this Council is legally obliged to make any comments received in response to the proposed Order open to public inspection.

The following Traffic Regulation Order is to be amended as follows:
Prohibition and Restriction of Waiting and Loading and Parking Places (Civil Enforcement) Order 2013

SCHEDULE

Insert into map schedules AG62 AH62
Proposed Prohibition of Waiting at Any Time.
Pantycelyn Road. (North)

On the south-eastern side from its junction with Dochdwy Road in a generally south-westerly for a distance of 10 metres.

Pantycelyn Road. (South)

On both sides of the road from its junction with Dochdwy Road in a northerly direction for a distance 10 metres.

Dochdwy Road. (North)

On the northern side, from a point 10 metres west of its junction with Waverly Close in a generally north-westerly direction for a distance of 38 metres.

On the southern side, from its junction with Pantycelyn Road in a south-easterly direction for a distance of 10 metres.

Dochdwy Road. (South)

On the northern side, from its junction with Pantycelyn Road in a westerly direction for a distance of 10 metres.

On the northern side, from its junction with Pantycelyn Road in an easterly direction for a distance of 10 metres.

Dated this 12th day of December 2019
Director of Environment & Housing
Vale of Glamorgan Council, The Alps,
Wenvoe. CF5 6AA



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The First Step to a Better Smile



Church hosts 'rousing prelude' to Christmas

THE former Church of St Lawrence at Lavernock was the venue for a rousing prelude to Christmas last Sunday.

Rev Margaret Stark spoke of how we misunderstand God and referred to Edgar, the little dragon in the John Lewis advert who was also misunderstood; they both want to love and be loved.

Bible readings and poems told the story of Christ's coming, as well as carols sung enthusiastically by the packed congregation with Anne Thomas in her customary fine form on the French harmonium.

Everyone applauded when Julian Owen (for the trustees) announced that the terms of a 99 year lease of the building had been agreed by the Church in Wales.

The St Lawrence at Lavernock Trust are very grateful to the working party who decorated the church so beautifully, to Julian and Craig at The Florist for the lovely flowers, and to Colin Kitsell and his staff for the welcome mulled wine and mince pies at the Marconi Inn after the service.

Rev Margaret Stark



Dates to have a cuppa with a copper

WHY not come along to Gibbonsdown 'Cuppa with a Copper' which is held every Monday morning at the Aberaeron HUB, Aberaeron Close between 10am and 12 noon?

Llandow Ewenny 'cuppa with a copper' will be held at 11am at the Star Inn, Treoson on Tuesday, December 17.

There will be a police surgery at Llantwit Major Library between 10.30am and 11.30am on Tuesday, December 17.

If you have any issues that are affecting

your quality of life, but are unable to attend a meeting, contact 101 for non emergencies or log onto: www.south-wales.police.uk

where you will find contact details for your local PCSO to contact them directly for non emergency matters.

Choir's season coming to an end

ANOTHER successful musical journey approaches its end for Barry Male Voice Choir.

A busy year of competition, prestigious concerts, charity and community events and, of course, having a good time, is almost over.

The choir's concert at Llandaff Cathedral

raised £3,153 for Pancreatic Cancer Research.

A further £540 was raised for the Sepsis Trust by a shared social event with Caldicot Male Choir at Caldicot, where liquid lubrication produced a soaring harmony of song and fellowship which will be remembered for a long time.

Ahead is one last concert for the Trussell

Trust Vale Food Bank, in aid of the many people relying on food banks to survive.

The Christmas Concert will be held at All Saint's Church, Barry, on Saturday, December 14 at 2pm and will feature the RAF St Athan Voluntary Band. Tickets (£5) are available from choristers, at the door or online from www.trybooking.com/uk/book/event?eid=9439

Learners get switched on at festive lights event



ABOVE: Ty Coryton teachers Laura Chapman and Laura Baggus.

LEARNERS and staff combined their festive spirit with entrepreneurial skills to turn a Christmas lights switch-on in Barry to benefit pupils at Orbis Education and Care.

Students from the Cardiff-based specialist care and education provider raised £320 for its enterprise fund, set up to promote entrepreneurialism among pupils with Autistic Spectrum Disorder (ASD) at its Cardiff Ty Coryton site, through the sale of homemade decorations.

The decorations were made using non-traditional materials such as buttons, socks and pom-poms, encouraging students to work together and get their creative juices flowing.

Students and staff then

sold the creations at the festive event in Barry.

Kelly Price, head of education at Ty Coryton, said: "The school council discussed what they wanted to make for the Christmas stall, creating pom-pom puddings, reindeer food, wreaths and small decorations, before deciding on pricing. The students were delighted to turn the fruits of their labour into real life sales; opportunities to develop their vocational skills can often be limited for our learners."

The creative sessions run through the vocational department led by Laura Baggus and Laura Chapman and are just one of the many initiatives rolled out year-round to support learners in developing the strengths, interests and aspirations they need to become as independent and fulfilled in life as possible.

Kelly said: "The funds we raised at the Barry event will now go towards further enterprise projects throughout 2020, and ultimately support our learners in living active lives and developing the coping strategies they need to overcome the challenges they face."

"We are grateful to Barry for welcoming us to their switch-on event and wholeheartedly supporting our learners in their entrepreneurial endeavours by stopping by at the Orbis Education and Care stall."

At least one in three autistic adults experience severe mental health difficulties due to a lack of support.

Only 16% of autistic adults in the UK are in full-time paid employment, and only 32% are in some kind of paid work.

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CHRISTMAS TREES

Traditional "Supa Spruce" & "Living Trees" in pots

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Bethel Baptist Church
Harbour Road, Barry, CF62 5SA

Warmly invite you to our Christmas Services

Coffee Morning Carols
Wednesday 18th Dec. 10:30am
Followed by Coffee & Mince Pies
Side Entrance

Christmas Family Service
Sunday 22nd Dec. 10:30am
Followed by Coffee/Tea/Mince Pies
Main Church Building

Candlelit Carols
Sunday 22nd Dec. 6pm
Followed by Coffee/Tea/Mince Pies
Main Church Building

Christmas Eve Candlelit Carols
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Model Boat Club present honorary membership to club stalwart



Pictured presenting John Pearce with his award are Terry Owens (left) and David Edgell (right).

AT a recent meeting of the Barry Model Boat Club (BMBC) John Pearce was presented with an Honorary Membership for his services to the club.

An honorary membership is presented to individuals who are held in high esteem by the club.

The award was endorsed by the BMBC executive committee, who were unanimous in their support of this honour.

John is one of the club's founding members and has been a loyal member for over 20 years,

only standing down lately due to poor health.

John has served on the executive committee and led in a number of areas to help establish the club's ethos and character.

It was John's hard work and ability to source suitable insurance cover that enabled club members to use the Knap Lake hard standing as a meeting point when sailing boats.

BMBC Secretary Terry Owens said: "This award acknowledges the hard work and outstanding service John has given to the club.

"He has always worked tirelessly to ensure that things were right. It is this commitment that helped set the club on a solid foundation right from the start.

"On behalf of the club's membership, I am privileged to present him with this award."

On receiving the award John said: "I am overwhelmed and extremely flattered to receive this award.

"I have always enjoyed being a member of the club and working and mixing with you all.

"This award means a great deal to me and would like to thank you all very much."

Dog of the Week



WALLY is a beautiful two-year-old German Shepherd.

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14 years and over who are comfortable around big dogs. Wally is a friendly chap but would love his new family to visit him on a number of occasions to get to know him. He is definitely one for the German Shepherd fans and will be a star in his new home. He does have some medical issues which can be discussed through with our vet team prior to adoption.

For more information on Wally, visit the Dogs Trust Rehoming Centre in Bridgend, CF31 4NG; call 01656 725219 or visit www.dogstrust.org.uk.

What's on and where?

Cowbridge Country Market

COWBRIDGE Country Market wishes all its friends and customers a Happy Christmas and New Year.

Our next market is on December 13, your last chance to buy delicious local produce and special crafts. Christmas orders can also be collected on December 20 – see you in the Lesser Hall at 9.30am.

(Your empty jam jars will be appreciated for marmalade in January.)

Original art for sale on a High Street near you!

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can buy original art created by local artists living and working in the Vale of Glamorgan?

This month a plethora of artistic creativity can be experienced across the Vale where you can buy original art – the CAS art exhibition at the Old Hall in Cowbridge continues until December 14.

Art Central Gallery in Barry are hosting an exhibition until December 21; iCreateArt are exhibiting with traders on the High Street of Cowbridge at The Yard Pizzeria, The Elephant and Bun coffee shop, The Penny Farthing restaurant, the Noble Grape wine merchant, Fich and Ramous Hairdressers and the Pear Kitchen vegan restaurant. 'Portrait' opens on December 18 at The Elephant and Bun, 6.30pm - 9pm for late night shoppers.

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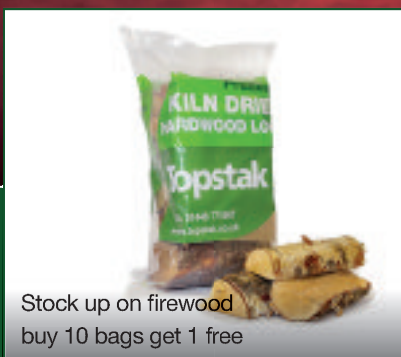
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Race against time saves feline family from freezing temperatures



LEFT: Crystal and her kittens at Cats Protection's Bridgend centre.

A YEAR-OLD cat and her newborn litter of kittens have survived some of the coldest nights this year by taking shelter in a shed, withstanding temperatures below zero.

The family of felines were discovered hiding in a garden outbuilding in Neath by a member of the public who called Cats Protection's Bridgend Adoption Centre.

The mother cat, now called Crystal, withstood freezing temperatures with her kittens, believed to be no more than a week old.

One grey-and-white male kitten has been named Frosty along with three tortoiseshells called Snowdrop, Snowflake and Icicle.

Volunteer Rachael Davies, who collected the cats, explained: "When I arrived I could see Frosty wasn't as active as his sisters. He was freezing and there wasn't much response from him so I initially put

him inside my top so he could benefit from my warmth.

"I collected the rest of the kittens and rushed them to the centre with Frosty wrapped in a towel on my car's heated seats."

Crystal and the three tortoiseshell girls thrived once settled at the centre but despite vet treatment and two days' emergency care, Frosty died.

Deputy manager Teresa Blair, who was at the centre when the feline family arrived, said: "From the moment Crystal and the kittens arrived it was a real roller coaster of emotions.

"She and her girls really benefitted from the warmth of the centre but nothing we tried seemed to help Frosty.

"At one point our vet decided the quickest way to save the tiny kitten was to warm him again using body heat so she placed him inside her clothing and then rushed him off to the vet practice to try to save

his life. He rallied initially but just wasn't strong enough after such a difficult start. It's moments like this that really hammer home to us how vital it is to neuter cats as soon as possible. Crystal is so young, and we believe is likely to have had a number of other litters already. It's truly amazing that any of them survived the bitter weather. We will of course make sure she and the kittens are neutered before they are homed."

Cats Protection is urging people to have their cats neutered to prevent situations where young cats like Crystal have litters in potentially fatal situations. For anyone with a low income, who is in receipt of certain means-tested benefits or full-time students living away from home, Cats Protection and RSPCA Cymru are running a £5 neutering campaign with details available from www.cats.org.uk/what-we-do/neutering or by calling 03000 12 12 12 and selecting option 2.

Extra training for paramedics set to boost healthcare

HEALTH Education and Improvement Wales has teamed up with the Welsh Ambulance Service NHS Trust to help paramedics become Advanced Paramedic Practitioner (APPs).

APPs are registered paramedics who have undertaken additional training at university leading to a master's qualification.

The primary benefits are reducing the calls to the 999 system, to treat patients in the community, refer them to a GP or decide if they should go to hospital.

They can administer a far greater range of medicines and manage more patients with complex care needs closer to home.

The modern paramedic has distinctive abilities which play an important part in the transformation and delivery of primary care services in Wales.

Following successful pilot schemes over the past 18 months, service

providers have demonstrated the benefits of expanding the number of APPs in Wales.

Support for a part-time MSc in advanced clinical practice has been in place for the past few years.

This new funding is for a full-time programme and will allow APPs to qualify sooner and supplement those who have undertaken the part-time programme.

A third of patients who were seen by APPs had their condition or concern addressed in their own home with one in five of them referred to an alternative pathway.

Evidence reviewed by the National Institute for Health and Care Excellence shows that using APPs can reduce hospital admissions by 13% compared with standard paramedics, which demonstrates the enhanced ability of the APP workforce and the benefit of developing and supporting staff in attaining clinical expertise.

Stephen Griffiths, HEIW Nursing Director

said: "This increase in training places for

paramedics to become advanced practitioners in Wales is such a positive step forward. The advanced training will enhance their current skills and provide career development to a valued workforce. Their skills and expertise can then help to ease pressure on the emergency services and ensure patients are cared for in the most relevant location."

Andy Swinburn, Assistant Director of Paramedicine at the Welsh Ambulance Service said: "Our Advanced Paramedic Practitioners have proven to have a real impact in terms of providing better care closer to home for our patients and reducing the admissions to hospital. Our objective is to train more APPs in the years to come and the support of other organisations from NHS Wales is greatly valued."

The full-time MSc in Advanced Practice course is being facilitated at University of South Wales, Wrexham Glyndwr University and Swansea University.

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Unusual career path for English graduate

TRAINING guide dogs might not seem an obvious choice of career for an English graduate, but for Charlotte Barrett from Corntown, it's the perfect fit.

The 23-year-old was selected from hundreds of applicants nationwide to train as a guide dog mobility instructor, a specialist role with a three-year apprenticeship period.

Charlotte is uniquely suited to the role.

Her parents are both blind, so she and her younger sister grew up with guide dogs as part of the family.

"It was always in the back of my mind that training guide dogs was a job I would enjoy," said Charlotte.

"I would watch the instructors when my parents were on class with a new dog, and they would come to our home for aftercare visits.

"As a young person, seeing them work was quite inspirational. But I didn't start looking at how I could achieve that role until I was at university, studying English."

Charlotte volunteered at dog shelters to gain experience and prepare for Guide Dogs' rigorous interview process.

"I'm three months into my training at the Guide Dogs training school in Redbridge, east of London, and I've been assigned my first four dogs. They are all black labrador retrievers, so it gets confusing!

"They are about 15 months old with different personalities, and all very cheeky. It's been great getting to know their quirks and learning alongside them.

"So far I've got two working in harness, and the other two are doing obedience work around the site. My trainer Helen is fantastic and each day brings new challenges.

"It definitely helped that I grew up with guide dogs in the family."

Charlotte's mother, Kirsten, is a physiotherapist at the Princess of Wales hospital and father Keith is a piano tuner.



ABOVE: Charlotte Barrett with trainee guide dog Nora.

"They didn't let anything stand in the way of achieving their career goals," said Charlotte. "Having guide dogs played a huge role in their success. Mum's dog Honey goes with her to work at the hospital every day.

"There was never a time when we were without dogs. They've had nine guide dogs between them and we always kept them when they retired. It

was lovely to have them around."

When she qualifies, Charlotte will be based in Welwyn Garden City. Meanwhile, she faces a tough 90-minute commute to and from Redbridge each day. "I was already living in London when I applied for the role and didn't really mind where I was sent," she said. "But I wouldn't do that commute for any other job."

Youngster's charity cake sale



THIS weekend, Maggie Walters (15) did something to raise money for LATCH.

Ten years ago she successfully completed her chemotherapy for leukaemia at The Children's Hospital at the University Hospital of Wales, and this year she wanted to give something back.

On December 7, she ran a cake and coffee stall at the Christmas tree seller on the A48 between Bonvilston and

St Hilary and raised an amazing £300. She made all the produce herself – cup cakes, Welsh cakes, sponges and truffles, with tea, coffee and hot chocolate on the day.

The staff at the site looked after her very kindly and even donated all their tips from the day – £50.

LATCH do an amazing job supporting patients and their families at a very difficult time – with practical advice and support, and a lot of fun stuff as well.

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Talent unveiled by Music in the Vale

MUSIC in The Vale recently held its 29th annual competition at Stanwell School, Penarth.

This was a record-breaking year with over 170 musicians and singers taking part.

Music in The Vale's objective is to encourage musicians and singers, aged 8-23, to perform in front of an audience in a competitive environment.

They also receive written feedback on their performance from a professional adjudicator, so that they can be helped to develop their musical talents further.

Competitors are in small groups according to their age and after each category, gold and silver medals with cash prizes are awarded (a Highly Commended medal also).

The weekend featured a range of talents and some exceptional performances.

The medal winners are invited to perform in Music in the Vale's January gala concert, which will be at All Saints' Church, Victoria Square, Penarth, CF64 3EG on January 26 at 2pm.

The proceeds go towards the next competition and tickets are available from the secretary on 07740 288990, or secretary@musicinthevale.org.uk, or on the door.

Winners in the Singing competition (first prize; second prize.):

Senior Singer: Manon Ogwen Parry; Emily Rooke.

Young senior singer: Aaron Lyndon Millar; Ellie Gent.

Intermediate, Group 1: Harriette Roberts; Osian William.

Group 2: Ethan Britto; Phoebe Johnson.

Group 3: Ella Sutcliffe-Hill; Rhianna Eluned Hogg.

Junior: Sophia Bautista-Paget; Ava Grace Choung.

Ensemble: Caitlyn Lever, Erin Keegan, Molly Kelleher, Seren Morris, Gwennan Aur Thomas.

Choir: Heol Cor y March; Cantabile/Fusion.

November 17, Instrumentalists (first prize; second prize)

Senior Instrumentalist: Hannah Lowri Roberts, viola; Nathaniel Alcolado, vibraphone.

Young senior: Max Hall, violin; Abbie Nia Williams, piano.

Intermediate Group 1: Kit Cookson, cello; Bethan Cole, flute.

Group 2: Charlotte Kwok, piano; Ivan Cherednichenko, cello; Efa Peak, harp.

Group 3: Matthew Middleton, violin; Megan Thomas, harp.

Junior Group 1: Tom Davies, piano; Siying Huang, piano.

Junior Group 2: A v a Grace Choung, piano; Jacob Tan, guitar.

Junior Group 3: J a c o b Adams, French horn; Isabella Heffer, cello; Jay Haridas, piano.

Ensemble: Amy Crowley, Sophie Cleverly, Jessica Cleverly guitar trio (triple fret); Caitlin Morris, Cesia Rhys Lewis (harp duo); Jack Ollier, Ben Griffin (recorder duo).



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Man was 'bored' in hospital - so he decided to paddle around Wales



A LLANTWIT MAJOR man who is being treated for myeloma recently completed a huge physical challenge because he was "bored" sitting around in hospital while he was being treated.

Mark Jones, the former Wales and Great Britain Students team manager and assistant coach, decided to "paddle" 1,000 miles around the Welsh coastline to raise money for Myeloma UK.

How? By using the handle paddle machine he installed at the University Hospital of Wales.

He recently celebrated completing his 'virtual' journey with a symbolic homecoming at Llantwit Major beach where fellow members of the surfing community gathered to welcome with Mark and his family.

Mark is a member of the Channel Coast Surf Club (CCSC) and fellow member Curtis Hancock told The GEM: "The challenge is typical of a man who has always led a very active lifestyle and who refuses to be beaten by the disease. Aged 49, Mark is an experienced sports teacher, was head of rugby at Coleg Cymoedd and played rugby

union professionally before becoming a keen surfer.

"In the summer of 2018, Mark's world – a world which includes his wife and children – Rubyn, aged 13 and Isla, 12 – was turned upside down when he was diagnosed with a cancer normally associated with people much older.

"Mark has been undergoing chemotherapy, tackling the illness head on. Refusing to let it get the better of him, Mark has trained every day to get himself in the best possible physical condition.

"Mark recently went into hospital to undergo further treatment – a final blast of chemotherapy and a critical stem cell transplant procedure which involves harvesting the cells, cryogenically freezing and cleaning them, then reinstating them back into his body. "In between times, Mark's immune system was completely wiped out and he was confined to a single room to avoid risk of infection."

"I've been lucky with the illness," Mark insists, "it's not made me too ill!

"But this is the hardest thing I've ever done. The chemo makes me ill to make me better. I had no immune system so I couldn't go

anywhere. Any infection would have killed me.

"My hospital roommate Steve had just been through the same thing. I was in tears as it broke my heart watching Steve suffer as his levels hit rock bottom from the chemo. But the support from the staff at UHW was incredible.

"I can't thank them enough. My wife works in the NHS too so I have first-hand experience of how amazing our health service is and the difference it can make to people's lives.

"Hospital is boring though. I wanted to stay active, so I bought myself a mini hand bike to get some exercise. Unfortunately, I slipped on my first night in hospital and my knee popped out.

"So I put the bike on top of the bin and started pedalling with my hands. Then a conversation I had with a nurse gave me an idea for a challenge and the next thing I knew I was hand-cycling around the coast of Wales – virtually!"

By the time Mark completed his challenge, he was able to come out of isolation, and met fellow CCSC members at Llantwit Major beach to celebrate!



Early Christmas present for cider maker

A COWBRIDGE and Llanblethian cider maker has received two awards in a Welsh cider competition.

Llanblethian Orchards has won silver for its cider 'Summer Funshine' and bronze for their 'Glamorgan Perry' at the CAMRA Welsh cider competition held in Swansea.

The CAMRA cider competition involves all the Welsh producers of real ciders and perries. The competition is one of the regional heats in the nationwide CAMRA cider and perry competition: the winners and runners-up in the Welsh competition are then entered in the national cider and perry competition held in Reading in early May.

Alex Simmens, owner of Llanblethian Orchards, said: "We are overjoyed to win two awards in the Welsh CAMRA competition among such stiff competition.

"It is a wonderful reward for all the cold, wet days in the autumn picking and pressing fruit from our orchard in Llanblethian. Fingers crossed for the national competition in May!"

Llanblethian Orchards is just outside Llanblethian in an old stone barn between Llanblethian and Llyswoerney.

Their ciders are available in pubs and festivals around Cardiff and south Wales.

They host fortnightly open days over the summer at the barn where you can sample their ciders and perries, learn about how it is made and enjoy wood-fired pizzas from their brick pizza oven.

The next open day is December 14 from 12pm to 6pm, The Cider Barn, Crossways, Cowbridge, CF71 7LJ.

Full details are available on their Facebook account and website llancider.wales.



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Out & About with The GEM

Winter Great Get Together set to warm up the Vale

DURING the short winter days, around the UK more than 6,000 Great Get Together events are giving people of all ages and backgrounds time to reconnect in their local communities.

Volunteers in Llantwit Major are hosting a Christmas Chatty Café and a Great Get Together Boxing Day Walk.

The organisers said: "Today, over 9 million people in the UK feel lonely, and it's in all of our power to change this. In the Vale this month, we are sharing some #mincepiemoments at our monthly Chatty Café in Llantwit Major and our Great Get Together Boxing Day Walk. All are welcome, at a time of year that can be frustratingly busy for some and make others feel lonely."

At Christmas Chatty Café, people can simply call into Llantwit Major library to enjoy a free hot drink with festive treats and time to chat on Saturday, December



14 from 11.30am to 12.30pm. Chatty Café runs monthly. Find its Spot the Elf Quest out more online via Eventbrite or Facebook.

Everyone is welcome to enjoy the beauty of the Heritage Coast at the Great Get Together Boxing Day Walk. People of all ages (and four legged friends) are invited to meet outside Llantwit Major Town Hall at the Happy to Chat bench at 11am on December 26.

Walkers can choose to explore the history

of the town along the blue plaque trail – with its Spot the Elf Quest for younger ramblers – or blow the cobwebs away with a longer dog-friendly circular walk via the beach. All participants are invited to gather for hot drinks and festive treats courtesy of the White Hart in the town's picturesque square after the walk.

For more information about the Great Get Together in Llantwit Major, visit its Facebook page.

Step into Christmas with the Spectrum Singers!

PENARTH Civic Society invites you to get into the Christmas spirit with the **Spectrum Singers** choir on **Wednesday, December 18 at Tabernacle Church, Penarth at 7.30pm.**

The choir has a very exciting and varied seasonal repertoire planned.

This includes songs such as 'Rockin' Around the Christmas Tree' and 'Dance of the Sugar Plum

Fairy', mixed with some contemporary carols (original compositions or arrangements by living composers).

It promises to be a show-stopping festive fugue when Santa Claus is coming to town!

The concert is open to members and non-members alike, and tickets cost £3 per person, £5 for couples, and include a free cup of tea or coffee and a mince pie – pay on the door.

What's on and where?

Valeways walks

ON Thursday, December 12 at 2.30pm, Penarth Coffee Shop Strollers meet at the Cliff Top Café, Penarth.

On Friday, December 13 at 10am, 'Around the Thaw Valley', starting at The Farmers Arms, Aberthin CF71 7LE.

On Sunday, December 15 at 2pm, 'Three Quarries and a Coast', starting at Porthkerry caravan park, Rhose CF62 3ZP.

On Tuesday, December 17, 10am Crwydro: Clychau a Hetiau Sion Corn, y llyfrgell, Y Bontfaen; Cinio Dolig; ffonniach i neilltuo lle, Red Fox, Penllyn CF71 7RQ.

On Wednesday, December 18 at 10.30am, the Cosmeston Coffee Shop Strollers meet outside the visitor centre at Cosmeston Country Park.

Also on December 18, the Llantwit Major Coffee Shop Strollers meet at Llantwit Major Town Hall.

Concert at St Donats

FOLLOWING their sell-out concert last December, the choir will perform part one of Handel's *Messiah* accompanied by soloists and orchestra.

The second half of the program will be Welsh, German and English carols, together with Christmas songs with full audience participation.

The concert is on December 14, 7.30pm.

Tickets are selling rapidly and are limited to an audience of 100, so buy yours online from www.stdonats.com, or from Nickelby's Bookshop and choir members.

Any unsold tickets will be sold on concert night on the door. St Illtud's Church are offering refreshments, and the choir will offer some superb raffle prizes together with a mince pie.

Tenovus Lovelight Service

CHRISTMAS... it's the most wonderful time of the year but it can bring sadness too, as we remember those we have lost.

That's why Cowbridge Friends of Tenovus Cancer Care have arranged a Lovelight service next week at Holy Cross Church in Cowbridge at 6.30pm on Friday, December 13.

The service features *Phantom of the*

Opera star Peter Karrie, and local singer Elspeth Robertson, together with children's choir Cor Heol Y March and the Barry Sing With Us Tenovus choir.

Tickets are £7.50 with all profits going to Tenovus Cancer Care, and can be obtained from the Cowbridge Tenovus shop.

Christmas Jumpers at Fonmon Castle

FONMON Castle is hosting a Christmas Jumper evening on Friday, December 13 with all donations going to Save the Children, from 6pm.

The castle is currently closed for renovations but the castle bar is open. People are asked to donate £5; there will be a prize for the best jumper and a glass of mulled wine on arrival and nibbles.

Fun activities on the evening and children are welcome. For further details, telephone 01446 710206 or email info@fonmoncastle.com

Christmas Fair

PORHCRAWL Lions are running a Christmas Fair in Trinity Church, open from 9.30am on Friday, December 13, with charity stalls, bric-a-brac and books. There will also be a chance to learn more about our efforts at fundraising and fun, supporting the community.

Winter Wellbeing Fair

A WELLBEING Fair takes place on Saturday, December 14 in the Lesser Hall of Cowbridge Town Hall (green door opposite the car park); free entry.

Lions Fair

PORHCRAWL Lions are running a Christmas Fair in Trinity Church, open from 9.30am on Friday, December 13, with charity stalls, bric-a-brac and books. There will also be a chance to learn more about our efforts at fundraising and fun, supporting the community.

Support local makers

THE Vale Makers are organising a

Christmas market in the Old Hall, Cowbridge on Saturday, December 14 to promote and celebrate locally-produced craft.

From glass and ceramics to textiles and willow, all highlight the wealth of creative talent which exists in the rural Vale – a refreshing change in an age of mass-produced goods.

Come and enjoy some festive refreshments and discover for yourself the best of what rural Vale craft has to offer. The market is open between 10am and 4pm at Old Hall, near the Bear Hotel.

Christmas market and fair

PETERSTON Village Market will be holding their annual Christmas Market and Craft Fair on Saturday, December 14 from 10am-2pm in Peterston-Super-Ely Village Hall; entrance is free.

As well as the usual homemade cakes and produce, there is an expanded range of jams, jellies, chutneys and edible Christmas fare, plant stall and fresh Christmas decorations made by members of the Flower and Garden Club. Entertainment from the School Choir, Peterston's Community Choir and St Peter's Handbell Ringers with carol singing for everybody, while enjoying mince pies, mulled wine, homemade soup and hot turkey rolls.

All profits are donated to the Hall towards its upkeep. All welcome.

Penarth Library has cake!

FRIENDS of Penarth Library are holding a Christmas cake sale at the library on Saturday, December 14 between 10am and 1pm.

Community Cinema

DINAS Powys Community Cinema will show the classic British film 'Kind Hearts and Coronets' (PG) on Saturday, December 14 at Murchfield Community Centre in Dinas Powys. Doors open 6.30pm for a 7pm start.

Tickets (£4.50) are available at the door, from the DPVC office at the rear of Murchfield Community Centre or online – click Buy Tickets on the Dinas Powys Community Cinema page: www.ticket-source.co.uk/murchfieldcommunitycentre.

Events at Age Connects

Welfare Rights advice

IF you live in the Vale and need some advice on Pension Credit, Attendance Allowance, Housing Benefit or Disability Living Allowance, to name a few, Age Connects Cardiff and Vale run a free welfare rights service which can help.

An adviser will be here to chat to and help with form filling on Tuesday, December 17 from 9.30am to 11.30am at Age Connects Senior Health Shop, 38 Holton Road, Barry. No appointment is needed; call 01446 732385 for further information, home visits can be arranged.

Free legal advice

AGE Connects Cardiff and Vale are holding a free legal advice service at Age Connects Cardiff and Vale Senior Health Shop, 38 Holton Road,

Barry on Tuesday, December 17 from 10am to 12pm for advice on making a Will, Power of Attorney or Living Wills.

No appointment is needed; call 01446 732385 for further information.

Care and Repair

IF you are a homeowner or private tenant living in the Vale, possible disabled or elderly and needing advice on repairs or home improvements to make life easier at home, Care and Repair Cardiff and Vale can help.

Visit a drop-in session on Tuesday, December 17 from 10am to 12pm at Age Connects Senior Health Shop, 38 Holton Road, Barry. No appointment is needed. Call 01446 732385 for further information; home visits can be arranged on 02920 473337.

**Starts
Friday 13th
@ 10am**

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Help, Guidance & Support at a time of Bereavement

GEM advertisement feature

Delivering highest level of personal attention in time of need

ROBERT D Johnson **D bereavement care, the highest level of personal attention.** Johnson Funeral Directors aims to offer local families, who require funeral services and

Already with a great breadth of experience in the industry, Robert

Johnson opened Robert D Johnson Independent Funeral Directors at 29 Holton Road, Barry. Working alongside Robert, a fully-qualified and experienced

independent funeral director, is daughter Lisa who is the company's funeral arranger.

Robert is delighted that Lisa is helping him establish a 'family firm', providing Barrians with a personal and professional service.

With his experience and being focused on his local community, Robert feels he can deliver a truly personal service to ensure all funerals are tailored to a bereaved family's requirements and, just as importantly, to their budget.

The company can be contacted 24 hours a day, seven days a week, and Robert added: "We will ensure that we are available at all times to meet a family's needs."



Robert D Johnson
Cert FP



Independent Funeral Director
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The "Simple" Funeral - £2,550

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Email rjfunerals@gmail.com
www.rjfuneral.co.uk



Care home residents caught on camera for exhibition

RESIDENTS of a Pontcanna care home are taking part in a photography project being delivered by university students.

Tŷ Llandaff, a private nursing, residential, and respite care home in Conway Road, was approached by The University of South Wales to request their involvement earlier this year.

Numerous candid images of the care home's residents have been beautifully photographed by the students as part of a community-focused element to their course this autumn.

The project will culminate in an exhibition at Llanover Hall Arts Centre, where images will be unveiled for the public to view.

The collaborative photography project entitled 'This is Canton' is based on the various communities within Canton, with a headline motto of 'About the community, for the community'.

Fourteen students have been capturing images as part

of the project, all focused on different communities of Canton.

As well as the collection of images of care homes where the residents of Tŷ Llandaff proudly feature, there will be photographic exhibits based upon community gardens, religion, street photography, food and housing estates, thus showcasing in one exhibition the many facets of the Canton community.

Tŷ Llandaff Service Manager Lisa Cristina said: "We are absolutely delighted to be taking part in this project with the University of South Wales, many of our residents have been happy to share their daily lives with the visiting students who have shown such an interest in them."

"Everyone at Tŷ Llandaff have been impressed by the brilliant photographs, it has been lovely for the residents to see themselves and each other in these images and of course many of them are also looking forward to visiting the exhibition."

"We feel this is a wonderful way to bring the



communities of Canton together and we are proud to be part of it and have residents like ours included as their local community really is so important to them."

The photographs will remain on display at the centre until February. The project can be followed via Facebook or Instagram.

For more information about Tŷ Llandaff, call Lisa on 02920 600 100, email info@tyllandaffcare.com or visit www.tyllandaffcare.com.

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Find out more about Tŷ Llandaff or book a tour.
Call Janice Evans, Home Manager on **02920 600 100**
or email info@tyllandaffcare.com

Tel. 02920 600 100
Conway Road, Pontcanna, Cardiff CF11 9NT
www.tyllandaffcare.com



Help, Guidance & Support at a time of Bereavement

GEM advertisement feature



Remembering loved ones at Christmas service

MEL & Ron Watkins Funeral Services, Pencoed, held their third annual Christmas Service of Remembrance on Sunday, December 8 at Salem Chapel, Pencoed.

The service aimed to remind families who have lost loved ones about the warmth of shared Christmases past, of the brightest Christmases to come and the importance of fellowship and support and an occasion for people to come together and remember loved ones at this special time of year.

The service included the opportunity to place a star on the Christmas tree in memory of those sadly no longer with us.

With superb performances from Cowbridge Male Voice Choir, Noteworthy Mixed Choir and soloist Natasha John the service was a fitting tribute to those we have lost and miss everyday but especially at this time of year.

The service was led by Pastor Vernon King with readings from Russell Lewis and Beryl Vaughan.

There was also a free will offering for LATCH, Welsh Children's Cancer Charity.

Ron, Alan, Amy, Aled and family wish to thank everyone who supported the service again this year.

Special thanks to the Pastor King, Rhiannon Williams, the Friends of Salem and Pencoed Town Council.

Companionship in difficult times with April Care

THE death of a loved one is one of life's most difficult experiences.

The bereaved struggle with many intense and painful emotions, including depression, anger, guilt, and profound sadness. Compassionately, staff offer comfort and reassurance without minimising the loss.

We are consistent in offering assistance, reassuring the grieving person that we will be there for them as long as it takes.

We can be here to help, even with the smallest of things such as shopping for groceries or run errands, take care of housework, such as cleaning or laundry duties, arrange and attend support group meetings with you, or even accompany you on walks.

We are able to offer extra support on special days too. Certain times and days of the year may be particularly

hard, whether you are grieving for a friend or family member. Holidays, family milestones, birthdays, and anniversaries often reawaken grief. We are sensitive on these occasions also, and we can be there for you.

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April aims to deliver high-quality and reliable healthcare and domiciliary services, which fulfil our clients staffing needs. By building sustainable client relationships, the company actively nurtures its continual expansion and strives to exceed client and staff expectations.

Award winning quality care at competitive prices

Serving Bridgend, the Vale and surrounding areas for over 20 years! From simple support in the home to 24 hour care, we can help you to keep your independence. All staff are suitably trained and have DBS (Police Check).



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Funeral Services

We are proud to have helped generations of local families at their time of need, providing the peace of mind that everything is taken care of in a professional and dignified manner.

We are available 24 hours a day, 365 days a year.

Here for you whenever you need us - night and day.



Main Office: 2, Hilda House, The Square, Pencoed, Bridgend CF35 5NP
Bethany Private Chapel of Rest, Llanharan, Pontyclun CF72 9RP

Tel: 01656 860545 (24 hrs)
www.melandronwatkinsfuneralservices.co.uk

Golden Charter
Funeral Plans





Help, Guidance & Support at a time of Bereavement



GEM advertisement feature

Beautiful Lily Florist

LET us help you choose beautiful flowers which reflect your heartfelt condolences at a difficult time.

At Beautiful Lily in High Street, Barry, we pride ourselves on our friendly and sympathetic welcome to all customers, offering home

visits if preferred, and creating beautiful, high standard floral tributes which will be delivered as part of our service.

Flowers are a beautiful way of showing your love and respect towards your loved one, or comforting to those who are going through hard times.



Coychurch Crematorium can help at a stressful time

COYCHURCH Crematorium is a tranquil and reassuring setting for families who are going through a sad and stressful time.

It is a Joint Local Authority Crematorium provided by Bridgend County Borough Council, Vale of Glamorgan County Council and Rhondda Cynon Taff County Council, serving bereaved families from any area since 1970, with no out of area cremation fee surcharges

applied.

It is a Grade 2 listed building, designed by a world famous architect displaying world renowned stained glass of breathtaking proportion, set in beautiful grounds. It has two impressive air conditioned chapels with outstanding pipe organs and high tech computerised facilities for recorded music provision, plus audio and video recording and webcasts.

Coychurch Crematorium provides a comprehensive range of services to the bereaved, catering

for all religious or non-religious backgrounds.

Working closely with families, funeral directors, health authorities and voluntary organisations, the crematorium aims to meet the needs of the bereaved it serves with compassion, dignity and respect in a tranquil and sympathetic environment.

It is at the forefront of the provision of high quality bereavement care, incorporating the latest advances in technology and memorialisation.

Amlosgfa Llangrallo Coychurch Crematorium

Tel: 01656 656605 Fax: 01656 668108



An annual Green Flag Award Winner since 2010, in recognition of a well managed, high quality facility and green space.

Staff will be pleased to provide further information on the full range of services available at the Crematorium, upon request.

Please address your enquiries to:
Coychurch Crematorium, Coychurch, Bridgend CF35 6AB



Tel 01656 656605

David Prosser & Co Solicitors offer professional service in time of need

THE death of a family member or close friend can be a very difficult time.

There are many matters that need to be resolved regarding the affairs of a person when they have died.

This will either be the responsibility of the Executor if there is a Will, or if there is no Will, the Law sets out who shall have the priority in dealing with the administration of the affairs of a deceased person and how their estate should be divided.

As local Solicitors, we pride ourselves on our friendly accessible approach and competitive charges.

We are able to provide professional service during this difficult time.

In straightforward matters, we can provide a quote.

If a matter is more complicated, we can provide a best estimate of the likely costs, which would be recoverable from the estate.

We can provide initial guidance, Will searches, Asset searches, prepare documents to obtain a Grant of Representation for the estate and deal with the administration of the estate to ensure that everything is done in accordance with the legal requirements.

We would always recommend that a person consider making a Will during their lifetime, so that they can clearly set out how they would want their estate dealt with upon their death, so as to limit the risks of a dispute following death.

This is particularly important in the modern world where family arrangements can often be complex and specialist Will planning is required.

Unfortunately, it is not uncommon for there to be family disputes regarding an estate, particularly if there is no Will.

We are able to provide professional advice regarding these matters.

Cemetery Open Days are a great success

IN 2020 Barry Town Council wish to hold Open Days at Merthyr Dyfan cemetery, following on from the successful one held in September 2019.

Organisations were brought together to provide information to people in search of their family members' histories. The event was supported by the cemetery team, the council office team, the Vale of Glamorgan Family History Society and Barry Town Mayor

Clr Margaret Wilkinson who welcomed everyone, with some people having travelled from England.

She invited them all to come in and browse/ research their family history and asked for

suggestions for a name for the new community hall. Refreshments were provided and feedback was so positive that more are being planned.

Dates for your diaries:

Friends of The Cemetery open the chapel doors

every year on Mother's Day, Easter Sunday and a Sunday before Christmas so people can light a candle in remembrance of family and friends no longer with us. The council office team, next open day will be on Sunday, December 15 from 10am to 3pm.

As we go through 2020 we also plan to support the following: Babies' Loss Awareness Week in October;

Children Grief Week in November and National Grief Awareness week in December.

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Barry Town Council



MERTHYR DYFAN CEMETERY

Light a candle in remembrance of family & friends who are no longer with us. Next open day Sunday 15th December, 10am 'til 3pm.

Anyone requiring further information, please contact
Barry Town Council on
01446 704920

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3 Court Road, Bridgend CF31 1BL

David Prosser & Co is the trading name of DP Law Limited.



Help, Guidance & Support at a time of Bereavement

GEM advertisement feature



Staff at Park Funerals on hand to help 24-hours a day, 365 days a year

PARK Funerals is a family owned, fully-independent funeral director based in Barry but also covering Penarth and the Vale.

At this time of year, no one wants to contemplate the loss of a family member, but unfortunately a bereavement can happen at any time - sometimes expected, though often a complete, and awful, surprise.

We are able to offer financing for funerals (subject to status), to assist when funds for a funeral are not readily available.

Coping with the stress of a bereavement and then being faced with the cost of a funeral, can often put a family under

financial pressure. This option can greatly help in deferring that expense.

Our dedicated team of professional staff are on hand to help you with your funeral needs, 24 hours a day, 365 days a year.

We are here to help and assist you should the need arise. If you are the sort of person who likes to plan ahead and put their affairs in order, we are able to offer affordable funeral plans, which will help relieve the burden on the family after someone passes away.

We truly hope that you will not need us over the festive period and that you and your families have an enjoyable seasonal break.

Family-centred funeral services throughout south Wales area

GREEN Willow Funerals is an established award-winning funeral planning company.

At Green Willow Funerals Limited, we can carry out any traditional funeral followed by interment or cremation. However, we can also offer an integrated funeral which is in keeping with your personal requirements in terms of content and cost.

Our family centred funerals are tailored to meet individual

wishes. We sit with the family and discuss the full range of options available - be it a religious service held at church, cremation or graveside, or a non-religious celebration.

If members of the family wish to contribute with poetry, readings, or specific requests, we can provide a person to set the framework for the service. Alternatively, our officiant, having gathered details of the deceased, will plan a service directly related to his

or her life.

There are also a number of ministers and priests of different denominations, both men and women, located throughout Cardiff, Newport and Dinas Powys who work with us in providing these services.

Alternatively, we are happy to work with the minister or lay officiant of the family's choice.

Our aim is to provide the funeral that the family requests. We are willing to provide only the coffin, leaving the

family to provide the rest, or to conduct the complete funeral in a professional way.

Our funeral staff receive no commission, so there is no incentive to add unnecessary funeral costs. Call us on Dinas Powys 02920 514627 or Cardiff 02920 755555.

Passmores will offer a sympathetic and efficient service to the bereaved

WHEN a person dies, someone, usually a family member, has the responsibility of dealing with that person's estate.

This may include establishing what assets and liabilities that person had and working out whether a 'Grant of Probate' will be needed to administer the estate.

This is a daunting task under normal circumstances, but for many people it may feel a great deal more burdensome, mixed with feelings of grief and distress.

Usually the first thing to do is to establish whether there is a will in existence and to make a note of the fact that the estate is to be distributed in accordance with that will.

A will may be held with the solicitor that drew it up or in a safe custody box with a bank. A personal representative is usually appointed

in the will to deal with the deceased person's estate, also known as an executor.

A Grant of Probate is issued by the Probate Registry, upon the submission of certain information based on the person's estate.

It gives the personal representative authority to deal with the deceased person's estate and allows them to access money held in banks, building societies or other investments.

It also authorises the personal representative to sell the deceased person's home.

Once all funds have been collected in and all commitments have been paid, the personal representative may distribute the estate to the beneficiaries, as set out in the

will - or if no will, then in accordance with the rules of intestacy, which are a set of rules setting out who is to benefit.

The personal representative may also have to deal with the payment of inheritance tax, if the estate exceeds the current threshold.

Other responsibilities may include defending a claim against the estate, should this arise.

Passmores offers a sympathetic and efficient service when dealing with probate and estate administration.

If you live or work in Barry, Cardiff or the Vale of Glamorgan and would like more information, ask to speak to our specialist Carli Evans on 01446 721000 or ce@passmores.com today.

Transparent pricing at South Wales Monuments

WE believe in transparent pricing, and any costing you receive will clearly state all costs so that you can purchase with confidence.

Every memorial is made to order, handcrafted by our skilled masons. We work closely with you, so that a fitting memorial and inscription that poignantly remembers your loved one is made.

Most people don't want to ask what happens if another member of the family dies and they need to add another name to their memorial. This is routine to us: we will remove the memorial to allow the interment to take place, and later reinstate it when the further inscription or wording is added. We simply request that you contact one of our advisors early on, to arrange for the removal and modification of your memorial.

Our service area is throughout south Wales, which includes Cardiff, Newport, Swansea and all surrounding towns. We take care of the local authority or church permits, licences and memorial rights.

These are complex forms requiring scale drawings and information that we research for you.

After care and risks: in 1982 we established a memorial insurance service, which is now operated by Bridge Insurance Brokers. Typically a memorial of £1,000 value will cost £61 for five years' cover. This includes subsidence of the memorial. We also provide a Total Care Service which, depending on the type of memorial will cost about £80 per year for four visits per year.

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- Record your wishes
- Relieve your pressure on family & loved ones

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Make sure older people in Wales have someone to turn to, charity says

WHILE most of us will be spending time with family and friends this Christmas, sadly this won't be the case for everyone.

In Wales, more than 70,000 older people will be eating dinner alone on Christmas Day this year while up to 10,000 older people in Wales are soon to face their first Christmas without their spouse.

That is why Age Cymru and its partners are organising dozens of winter celebrations throughout Wales as well as distributing Christmas gift boxes to hundreds of older people living in care homes.

Of course, loneliness and isolation is a year round issue for many older people.

The charity's research shows that 100,000 people aged 65 and over in Wales speak to three or fewer people they know.

When times get tough most of us can turn to a partner, relative or a close friend.

Sadly this is not the case for many older people who have no one to turn to when they just don't know what to do next; or no one to talk to when they're feeling desperately lonely.

Age Cymru Advice service responds to thousands of calls for help every year providing free and confidential advice in both English and Welsh.

During the last financial year the Age Cymru Partnership supported more than 20,000 older people in Wales and helped older people claim more than £6.5 million in unclaimed benefits.

Of course it's important for older people to live a fulfilled and meaningful later life, which is why the charity organises a range of healthy ageing activities from Nordic Walking and Tai Chi to artistic and creative activities the length and breadth of Wales.

Age Cymru chief executive, Victoria Lloyd said: "Age Cymru wants to be there for everyone who finds themselves in difficult situations or who are feeling lonely or troubled in the run up to Christmas. That's why we are urging everyone to get involved in our No One Should Have No One To Turn To campaign, and donate to help us continue to be here for older people who literally have no one to turn to."

To help Age Cymru continue to be here for more people, make a donation by calling 029 2043 1555 or visit the website www.agecymru.org.uk/noone.

How a man lost 12 stone and beat diabetes!



LEFT: Jim before shifting 12 stone.

RIGHT: Jim at the end of his six year weight loss journey.



A 70-YEAR-OLD man from Bridgend is no longer showing signs of Type 2 diabetes after losing almost 12 stone!

Jim Lindley started his weight loss journey six years ago and has since been told by his diabetes nurse that he is no longer showing signs of the condition after losing 11 stone and 8lbs.

Jim feels that if he had not joined Slimming World, he would not be here today to tell his story today.

In the first week of following the plan, Jim lost 9lbs and his best weekly weight loss was 10lbs and he still can't quite believe it. Throughout his amazing weight loss, Jim has needed to keep buying new clothes.

He jokes and says he has even gone down two shoe sizes – and that every part of him has reduced in dimension apart from his hat size!

Jim grew up in Yorkshire and said he would eat whatever his father ate when he came home from the pit.

Having cut out cakes when he found out he was a diabetic, he didn't eat a lot of sweet treats but admitted he did still like to snack on biscuits. He would often skip lunch but would make up for it with a full cooked dinner, with vegetables roasted in fat, fatty onion gravy and a Yorkshire pudding.

Jim still eats hearty meals but now they are cooked very differently and he has swapped the fatty foods for healthier options. He lives with his daughter who makes him beautiful curries, cooked using healthy ingredients and served with lots of vegetables.

Changing the way that he eats, means he is now a lot more active and walks for miles in Porthcawl most days.

Jim said: "Everyone is so encouraging, as everyone is in the same boat."

For Jim, Slimming World is more than just the way he eats. His consultant, Anne-Marie Lloyd, says he is a larger than life character and a vital part of the group's social team. Jim attends group each and every Wednesday at the Westward Community Centre, Cefn Glas, Bridgend at 7.30pm.

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NFU board calls out Welsh Government on proposed all-Wales NVZ approach

NFU Cymru's Rural Affairs Board has criticised the Welsh Government on its plans and approach to introducing an all-Wales Nitrate Vulnerable Zone (NVZ) from January 1, 2020.

At its final meeting of the year, the board expressed dismay that over the course of the last 12 months Welsh Government has provided no further detail of the new regulations that farmers will be expected to comply with in 2020.

The Welsh Government proposals would see severe restrictions placed on every farming business in Wales including slurry storage requirements; limiting the periods during which farmers can apply slurry – a crucial nutrient for grass growth – onto their land; as well as preparing detailed plans and recording keeping which will be subject to inspection.

During the meeting, members raised serious concerns about the openness and transparency of Welsh Government's approach in line with its obligations.

NFU Cymru Rural Affairs Board chairman Hedd Pugh said: "Welsh farming is currently operating in a period of profound Brexit uncertainty. That Welsh Government has opted to compound this

uncertainty through its lack of openness and communication about proposed new regulations to the farming sector is alarming and has been a source of significant concern to our members – contributing considerably to current levels of stress and anxiety.

"In fact, any farmer seeking out information on the detail of the new regulations would be hard pressed to find anything from Welsh Government. This has impacted severely on the ability of farmers to understand or take steps to prepare for the draconian new requirements.

"NFU Cymru is clear that Welsh Government's draft rules are a 'cut and paste' of the NVZ Action Plan applied to the whole of Wales. The union has submitted over 100 pages of evidence to the Minister which underlines that a whole territory NVZ approach will not deliver water quality improvements, nor does this approach align with the principles of being evidence-based, proportionate to the risk and targeted. Engagement with the available evidence or, indeed, the methodology required to apply the Nitrates Directive would simply not lead decision makers to a whole territory designation decision.

"Farmers have been left bewildered that

Welsh Government appears to have reached this conclusion. Whilst Welsh Government has challenged industry to provide evidence, Welsh Government remains less willing to provide the evidence that NVZs are needed on a pan-Wales basis and that such an approach will be effective in improving water quality.

"Back in October the chairman of Natural England advocated a flexible approach to slurry spreading – a drastic contrast to the prescriptive closed dates framework being proposed by Welsh Government. We would be very interested in knowing the advice that Welsh Government has received from its own environmental regulator, Natural Resources Wales, on this very important matter.

"There can be no doubt that the threat of whole territory NVZ is weighing very heavily on farmers' minds. Welsh Government must not proceed on the false assumption that whole territory NVZ will be effective in improving water quality.

"NFU Cymru remains committed to working with all those with an interest in water quality to develop a proportionate framework that supports farmers to take action to improve water quality where it is needed."

Ramblers explore Ogmore and Southerndown

ON a dry but overcast morning and with a bitterly cold easterly wind, a group of 14 keen walkers joined Geraint at Ogmore-by-Sea.

Making their way towards the ruined Ogmore Castle, standing on flat land guarding a crossing point on the Ogmore River, they were relieved to shelter behind the ruined walls out of the icy blast, learning that the first castle on the site was built in 1116 by William de Londres, who had been granted the lordship of Ogmore in 1093.

The castle has an uneventful history regarding skirmishes and at one time it became the administrative justice centre for the Earls of Lancaster and contained a courtroom and a lime kiln. The substantial ruins are now in the care of CADW.

Journeying upwards onto Ogmore Down, which plays host to the High Brown Fritillary butterfly in season, the limestone heath is crossed by bridle paths and the Southerndown Golf Club graces its northern end.

They enjoyed the lovely surrounding views and, descending past St Bridget's Church and entering St Bride's Major, some pavement walking led them to the delightful reed surrounded Pitcot Pool, or Pwll-y-Mer which supplied much needed water to the local community until piped water was installed in 1926.

A series of stiles and gates led them south through meadows towards the coast and overlooking the headland of Trwyn y Witch, a descent through Pant y Slade led to a deviation along Tir Gofal permissive paths through the

Dunraven Estate.

Reaching the clifftop and gazing eastwards they were rewarded with stunning views across Traeth Bach and Mawr before heading into Dunraven walled garden in order to shelter from the wind during lunch break.

Climbing from Dunraven Bay up onto the cliff top soon warmed them up, but they were glad of woolly hats, scarves, gloves and hoods as they tramped westwards along part of the Wales Coast Path with its grand view out over the Viking named Tusker Rock, which has claimed many lives and shipwrecks in the past.

Re-joining the River Ogmore at its estuary with the Bristol Channel and heading inland, they welcomed the warmth of car heaters to thaw them out during the homeward journey.

On December 14, meet 10am at Wenvoe Church for a seven-mile moderate walk to the historic Caerau Hillfort and the ruined St Mary's Church; contact Sheila on 07932 523 415.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, contact the leader for advice.

For up to date information log onto www.penarthramblers.wordpress.com or follow on Facebook. Programmes and membership advice can be obtained from Pam on 029 2025 5102.

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Expressions of interest are invited for the following Hafod development, you will need to be a member of Homes4U in order to be considered. A local lettings policy applies to all. Allocations are based on highest priority connection to the area, then banding, then date. You will need to ring the contact centre on 01446 70111 in order to express your interest and you will be asked a series of questions regarding your local connection to the area and you will need to provide full details.

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New Ford Ranger 'Raptor' – *Jurassic Park* on four wheels

Review by Tony Yates

FOR this week's review, I feel like I'm on the set of the new *Jurassic World* movie.

The Ford Ranger 'Raptor' you see before you here is not only menacing, it's downright wonderful. I have always had a soft spot for the Land Rover Defender and I still do, but the 'Raptor' goes one step more in the looks department: having a vehicle with the words 'Raptor' written down the side is pretty cool, as are the jacked-up suspension and the blacked-out windows.

Plus wherever you park the 'Raptor', it turns heads.

To be honest, I wish all vehicles of this type had funky names such as: the 'Indominus rex' or if we're getting really crazy here, how about some real classic *Jurassic Park* predators such as the 'Tyrannosaurus' or the 'Velociraptor'.

Power and Efficiency:

THE Raptor version I had on test was fitted with a 2.0-litre EcoBlue - 213 PS diesel engine and a 10-speed automatic gearbox.

Torque, well let's just say it has more than enough grunt to keep you going (500Nm in fact).

For those of you who want to know the combined fuel consumption? Well, let's just say it was good (around 36.6mpg).

Plus the brilliant thing about owning a Ford Ranger 'Raptor' is that it will basically tow a ship or anything else that takes your fancy.

Top speed – it will max out at around 112mph.

On the road:

WELL, it's basically a pickup truck on steroids so it acts just like a pickup truck, and you would think it's slow – but it's not actually – and of course it feels fast because you are up so high – which means everybody else looks small.

The suspension setup is lovely and it doesn't feel like a pickup at all.



Actually it's really refined, but still able to do all the off-road stuff you would expect a vehicle like this to do.

Talking about off-road, I took the Raptor on quick field trip around the muddy roads and rivers where I live, and to my surprise it was brilliant.

We have also had a lot of rain here recently, but that did not stop the Raptor making its way through enough mud that would make even a Land Rover Defender think twice.

Interior & Technology:

THE inside was kitted out very well, and here are some of the features you can expect to get as standard on the Ford Ranger Raptor including; Unique 17" alloy wheels with all-terrain tyres, Unique Raptor front grille, widened front and rear wheel arches with 150 mm wider track, aerodynamic sports hoop with integrated load box illumination, unique front and rear bumpers, front aluminium skid plate, FOX Pro shock absorbers

with position-sensitive damping, front and rear ventilated disc brakes, four off-road tow hooks, strengthened alloy side steps, loadbox roller shutter and carry bars.

Plus; Unique Raptor suede trim with heated and power-adjustable seats, perforated leather sports steering wheel with centre marker and Raptor logo, instrument panel cluster, Terrain Management System with six selectable drive modes, FordPass Connect onboard modem, SYNC 3 with 8" touchscreen and navigation.

I can also tell you that the inside does not feel cheaply made either.

Even the seating is brilliant and nothing like you would expect from a car with the words 'workhorse' in mind.

To sum up:

I REALLY was impressed by the new Ford Raptor; yes it may look like a pop star's 4X4 – but I'm telling you now – the new Raptor is the real deal – it's a real 'workhorse' – buy it now! **Total price inc. VAT ££47,874 (from).**

Author of controversial book tries something new

'AARON Water' is the nom-de-plume of Welsh historian and writer Alex Gibbon whose controversial book on Owain Glyndwr received widespread media coverage in 2004 and endorsements from leading Welsh scholar Dr Robin Gwyndaf and Huw Edwards of BBC News.

However, in a recent break from his historical studies, Alex has taken the opportunity to write something entirely different, the 500-page *Checkoil*, which he describes as a satirical, comedy, science fiction novel.

The author will be signing copies of his book at The Horseshoe Inn, Marcross (near St Llantwit Major) on Friday, December 13 from 7pm - 9pm. *Checkoil – The Cat's Mechanic* by Aaron Water is available online from Fruitless Publishing at £13.99 plus p&p.

Choose well this winter – get urgent advice and assurance quickly

WINTER challenges put extra pressure on health and social services, and people are being urged to 'Choose Well' to access the right services first to get quicker advice or assurance when they or their families become unexpectedly unwell.

The winter Choose Well campaign is encouraging people to make the right choices for non-emergency treatment. It forms part of Welsh Government support for NHS Wales and also includes providing an additional £30m for health boards, the ambulance service and local authorities to help them add community-based, hospital bed and social care capacity in preparation for increased winter pressures.

The Minister for Health and Social Services Vaughan Gething said: "Emergency departments and ambulance services have had their busiest year

ever so far. Winter brings with it additional challenges with cold and icy conditions, flu, increased hospital admissions for older people and more people using GP and urgent care services.

"The pressures are actively felt by our staff as well as patients and their families. It is vital that we all make sure we choose the right health services for symptoms that are not life threatening.

"Evidence suggests around one in five people who go to their local emergency department don't need to be there. Choosing alternatives such as the online symptom checker and telephone services of NHS Direct Wales or visiting a local pharmacist means people are able to access advice and reassurance more quickly.

"Professional health advice from a pharmacist can free up under-pressure frontline health workers in emergency departments to help the people who need

them most. The majority of high street opticians can also provide advice and care for eye conditions; just look out for the NHS logo."

Welsh Government's resilience planning has a focus on people who have chronic respiratory conditions. This includes extending an offer of a free flu vaccine to workers who provide home care, complementing the existing programme that provides free jabs to health workers, and which last year grew to include staff working in adult residential care and nursing home.

As part of a national approach, the Emergency Department Wellbeing and Home Safe service, delivered by the British Red Cross, and the 'Hospital to A Healthier Home' service delivered by Care and Repair Cymru will continue to support staff, patients and their families over what we know will be another challenging winter.

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Public Notice

ERNEST HARRIS
(Deceased)

Pursuant to the Trusts Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of Milson House Cowbridge Road St Athan CF62 4LE, who died on 03/10/2019, are required to send particulars thereof in writing to the undersigned Solicitors on or before 21/02/2020, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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In Memory

Birthday Memories
CROMPTON
Nellie

On this her 80th Birthday
on 12th December 2019
Sending our love always,
Colin & family
xxx

Birthdays

Happy 18th Birthday
Carter Prince-Manning

on 16th December 2019



All the Love in the World,
Mum, Nanna and Karla xxx

Christmas Greetings

*Wishing all our
friends and family a
Very Happy Christmas
& a Peaceful 2020*

With much love from
David and Jane Maggs

This year we are
supporting Crisis.

HOAD

Diane, Alfie and Tabby
Wish family, friends and
neighbours a Merry Christmas and
a Happy New Year.
Instead of cards, a donation
will be made to our
favourite charities

In Memory
ROWLANDS
Catherine B.E.M

02.01.1975 - 11.12.2018

*It is hard to believe a year has passed since you
slipped away.*

*We love and miss you so much everyday.
We will always remember our courageous and
loving daughter and shining star.*

*We will try to be mum and dad to your 5 children
plus Hallie and your grandson due soon.*

*All our love forever and a day
Mum, Dad your 5 amazing children and your
grandchildren xxxxx*

Happy 18th Birthday!

Our Lovely
Jodi Ann

15th December 2019

*Lots of loving hugs
from,
Nan & Gramps xxx*

MAVIS CROCKETT

would like to wish all friends,
neighbours and family
a Merry Christmas and a
Happy New Year.

A donation in lieu of cards will be
sent to Marie Curie at Holme Tower.

Chris Watson
Christmas Notice*

*Wishing family, friends
and neighbours
a very Merry Christmas and a
Happy and Healthy New Year.*

*All donations go to Parkinson's disease
* in memory of Brian in lieu of cards.**

In Memory
ROWLANDS
Catherine B.E.M

02.01.1975 - 11.12.2018

Sister in heaven on your first anniversary.

A special time

A special face

A special sister

We can't replace

With an aching heart

We whisper low

We miss you sister and love you so.

All our love always Helen, Stan, Rob, Grant, Also special

amitie to Stephanie, Natasha, Lucy & Shaun xxx

We are also thinking of you at Christmas

our beautiful angel xxx

Happy 18th
Birthday
My Darling Jodi Ann

on 15th December 2019

*Lots of Love
from
Dad & Sharon
xxx*

DILYS
LISCOMBE

Best wishes for
Christmas and the
New Year
to all my friends in
Barry and the Vale.

CHRIS
ARMSTRONG

Merry Christmas and a
Happy New Year to his
family, friends and
neighbours.

Birthday Memories
BUMFORD
Alan

12th December 2019

Thinking of you on your birthday
Love Lynne, Jacky and families xxx

Happy 50th
Birthday
Theresa Jones

on
12th December

Love from all the family
xxx

Don & Rita

would like to wish
family and
friends a very
Happy Christmas
and a Healthy
New Year.

CLEMENTS
**Margaret, Christopher
& Joanne**

Seasonal Greetings to
family, friends and
neighbours, with love.

Thank You

Gladys
Kilby

Alan, Barrie, Cheryl and Chris would like to thank
all relatives and friends who attended Mum's 100th
Birthday at Brocastle Care Home on Sunday, 8th
December 2019. Thank you for all your cards, gifts
and good wishes.

Also, thank you to all the staff for their care and help
they gave and give us.

Merry Christmas and a Happy New Year to you all.

HAPPY NEW BUS PASS

on 16th December 2019



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HOPKIN**

P.S. Smile its your Birthday!

From your loving husband Alan xxx

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Dave & Vi

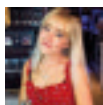
wish their family, friends
& neighbours a Merry Christmas
and a Peaceful New Year.

TAPSCOTT
Norma & Raymond

would like to wish family
and friends a very
Merry Christmas

A donation will be made to
Marie Curie, in lieu of cards.

Birthdays

Happy 18th Birthday
 to my daughter


**Ellie-Mae
Williams**

on 13th December 2019

Look how far we have come together.
My little girl I once had is now a woman.
We are all so very proud of you and wish the
best for you in your life's journey.
All our love, Mummy, Charley, Nannie,
Bampa & David xxx

MIKE JOHNSON
Happy 60th
Birthday

to our son Mike
on 18th December 2019

With lots of love from,
Mum & Dad xxx

Hillary
(Simmons)

would like to wish all
family, friends and
neighbours a very Merry
Christmas and New Year.

(Donation to charity in
lieu of cards).

Gill and Paul Clarke
Wish all their friends a
Merry Christmas and a
Happy New Year.

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Christmas Greetings

Moira Conibear

Would like to wish all family, friends & neighbours a Merry Christmas and a Happy New Year.

A donation will be made to the Velindre Hospital in lieu of Christmas cards.

**Mrs Anne Hobbs**

wishes all her friends and relatives

A Happy Christmas and all the very best for 2020

Donations in lieu of cards to Velindre Hospital, Cardiff.

Val & John Marks

Val, John, Nicola, Jeremy and family wish all family and friends a Happy Christmas.

Donations in lieu of cards to Velindre and Macmillan.

Loving memories of Jim Brown.

**AVRIL PARRY**

would like to wish all family and friends a very Merry Christmas and a Happy New Year.

Donations in lieu of cards will be sent to the RNLI (Barry)

**CHRISTINE AND JOHN BOUCHERON**

Merry Christmas and Happy New Year to family and friends.

A donation will be made to charity in lieu of cards.



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Victory for the Villagers

THE Villagers of Dinas Powys extended their winning run with a controlled and efficient performance against visitors St Josephs from Cardiff.

They opened the scoring with a penalty kicked after five minutes by outside half Callum Bricknell. The penalty was earned by blindside flanker Corey Imperatto at the breakdown, the first of several gained during the contest by the hard-working back row.

The Villagers were playing into a strong wind during the first half and ran the ball well, as kicking to gain territory was not an option in the conditions.

The Joes gained a foothold when their scrum half took a quick penalty and ran into a home player, which saw the player yellow carded and the visitors gained a numerical advantage. During this 10-minute period, they scored their eight points. The visitors moved the ball sweetly in their backline for their left wing to cross in the corner for the opening try. A penalty was added a few minutes later and the Joes led by 3-8.

The home side struck back with a well-worked try a few minutes before half time. The ball was won at the lineout, a brisk pass by scrum half Sam Middlemiss to Bricknell allowed the influential outside half to draw two defenders before releasing left wing Matt Williams with an inside pass that saw the pacy winger cross under the posts. The conversion added by Bricknell, followed two minutes later by a further penalty from Bricknell, allowed the home side to lead 13-8 at half time.

This was to be the final action by Bricknell, who was forced to leave the contest through injury at half time. This forced a rejig of the backline with Ben White moving from full back to outside half. The versatile Middlemiss moved to full back and was replaced at scrum half by Carwyn Jones.

The elements were now in their favour and the Villagers contained the visitors in their own half for the majority of the second half and only robust defence by the Joes limited the home side to a further 13 points.

The home forwards were dominant at the scrum, with props Andrew O'Malia and James Greenfield giving their opponents a torrid time, and with Fin Davies providing good lineout ball and Josh Dunleavy and Imperatto proving to be willing ball carriers, the Villagers stifled any revival by the Joes.

Two penalties by Ben White extended the Villagers' lead and a period of Dinas pressure saw Carwyn Jones gather the ball at the base of a ruck, before throwing a dummy and scampering down the left touchline to score in the corner. White added the conversion to complete the scoring – a satisfying victory by 26-8 was gained.

The youth team gained a fine victory away at Tonyrefail by 14-8, through tries by Tom Welch and Rhys Gentles, who also added the two conversions to ensure that Villagers' chairman Richard Boyland had an expansive smile all evening.

The First XV continue their season when they welcome league leaders Treorchy to the Common on Saturday, December 14, for a 2.30pm kick off.

HJ

Triple success for Welsh trainers

MERTHYR Mawr's Jack Tudor, a 7lb claiming jockey, landed a 550-1 double at Chepstow last Saturday (December 7).

Jack, riding for his boss former National Hunt jockey Christian Williams, who trains at Ogmore-by-Sea, won the three mile handicap hurdle on *Potters Corner* which, in an exciting finish, won by a neck from *Remastere*.

Later riding 50-1 chance *Night Boat To Clyro* for David Dennis he took the novices' hurdle when getting home by half-a-length from *Meyer Lanskey*. The race last year was also won by a 50-1 chance Evan Williams' *Secret Reprieve* but this year Evan was making the headlines at Sandown Park where he landed the £30,948 novices' chase with *Esprit Du Large* (14-1) which gave him the first leg of a 98-1 double.

The second came when his *Mack The Man* (6-1) got home by a neck from *Protectorat* in the £33,762 Handicap Listed 1 Hurdle. Both were ridden by stable jockey Adam Wedge.

A little bit of history was made when, earlier in the day, Tim Vaughan's *Oriental Cross*, under stable jockey Alan Johns, won the mares' handicap hurdle by a length-and-a-half from Stuart Edmunds' *Deputy Oscar*.

I cannot recall three Welsh-trained horses winning big races on the same card. However many years ago I believe Llantwit Major's Posy Lewis or her brother Clem trained three at Cheltenham on the same day. If you know, please e-mail me at brianlee4@virginmedia.com or call 02920 736438.

Brian Lee

Fine away win for the Seaweeds at Builth Wells



Sean Wilcox with support from Jake Furness, Jon Phillips and Ben Asprea.
Photograph by Tracey Williams.

PORHCRAWL travelled to mid-Wales to face a Builth Wells side that is well in the mix at the top of the division and came away with an excellent and hard-fought victory.

Builth's game is primarily built on their strong pack, a number of whom are from Aberavon Quins previously. The first half performance matched them and this provided

the foundation for the win. With his kicking boots firmly laced up, fly half Josh White capitalised with three fine penalties and a snap drop goal.

His conversion of winger Jordan Fox's try put the icing on the cake as the home side showed just how strong they are at home, having beaten division leaders Road on Saturday seeking the double over local rivals Heol-farming stock but the Seaweeds y-Cyw, kick-off at 2.30pm.

At half-time with a solid position. With the second half having become a real battle up front it took all the Seaweeds had to hold out in the final 10 minutes and record this 19-15 victory, to remain in second spot.

Porthcawl return to South Wales on Saturday seeking the double over local rivals Heol-farming stock but the Seaweeds y-Cyw, kick-off at 2.30pm. Paul Fielding

Llantwit Major girls notch up their very first victory



LLANTWIT Major AFC under 15 girls gained a historic first win with a brave performance away at Baglan recently.

Despite having four players out injured and a couple unavailable, the team fielded 11 girls, some carrying injuries and others playing out of position.

The Llantwit girls started well, only to find the home keeper in great form making several good saves. The home side were quick on the break, testing the defence of Molly, Carys and Katie, who had to be on top form to prevent too many chances being created with stand in keeper Jess doing a fine job in goals.

Elin and Josie were in charge of the midfield supplying Georgia with plenty of ball on the right, which she used really well going

past her full back at will. It was from one of these crosses that the goal came, as the ball fell to Sophie at the far post, she calmly slotted it home to put the Major in front.

The second half was end to end with chances for both sides. Llantwit thought they had won the game when Jazz scored after a through ball from Elin, only for the goal to be ruled out for offside.

Jazz, who scored two goals the previous week, and Izzy continued to cause Baglan problems with Chloe making some great tackles throughout the game. However, there were also some heart-stopping moments for supporters, as Baglan came close to an equaliser on a couple of occasions.

At the final whistle, the relief and joy for all the players and parents was evident as the girls secured their first win. The girls play in the South

Wales League and have been coming up against teams who have been playing for many years, and unsurprisingly there have been some heavy defeats along the way. However, the girls never give up and show a desire and determination that does them proud. This result was just reward for all that effort.

There were several players missing who have contributed much over the last 18 months; Chloe, Mia, Georgina and Seren and Bronnie, who unfortunately broke her arm on her debut.

There are currently places available for experienced players from either year 9 or 10. The team trains in Llantwit Major on Fridays and matches are on a Sunday afternoon.

For more details on joining the team or for company sponsorship, email mark_lowrie@hotmail.com.

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15 15 BMW X4 3.0 D XDrive M Sport 5dr Automatic, 20" Alloys, head up display, reverse camera, 20k, white, full leather£22495

15 65 BMW X5 3.0 D XDrive M Sport 5dr Automatic (7-Seater), 20" alloys, sat nav, reverse camera, carbon black, full leather£26995

16 66 BMW X5 3.0 D XDrive M Sport 5dr Automatic (7-Seater), 20" alloys, sat nav, m sport plus pack, 30k, grey, full leather£29995

17 67 FORD EDGE 2.0 TDCI 180 Titanium 5dr AWD, Ford warranty Oct 2020, sat nav, pan roof, reverse camera, 5k, choice£20795

17 67 FORD KUGA 2.0 TDCI 180 ST-Line 5dr, Ford warranty Dec 2020, sat nav, reverse camera, cruise, 20k, silver£17495

19 19 HYUNDAI SANTA FE 2.2 CRDI Premium 5dr Automatic 4WD (7-Seater), Hyundai warranty April 2024, sat nav, reverse camera, 11k, silver, full leather£29995

16 66 HYUNDAI TUCSON 2.0 CRD Premium 4WD 5dr Automatic, Hyundai warranty Dec 2019, sat nav, reverse camera, 19" alloys, 18k, grey, full leather£16495

16 66 INFINITI Q30 2.0D Premium Tech 5dr DCT automatic 4WD panoramic roof, 18" alloys, 19k, grey, full leather£15995

18 68 JAGUAR F-PACE 2.0 D R-Sport 5dr Automatic, Jaguar warranty Oct 2021, sat nav, reverse camera, 7k, black, full leather£29995

17 67 JEEP CHEROKEE 2.0 MultiJet Limited 5dr AWD, Jeep warranty Oct 2020, sat nav, 13k, grey, full leather£16495

16 16 JEEP CHEROKEE 2.2 MultiJet 200 Night Eagle 5dr Automatic 4WD, satnav, 23k, grey, full leather£14495

16 66 JEEP CHEROKEE 2.2 MultiJet 200 Night Eagle 5dr Automatic 4WD, sat nav, cruise, 19k, choice, full leather£15495

16 16 JEEP CHEROKEE 2.2 CRD MultiJet 200 Limited 5dr Automatic, sat nav, reverse camera, 41k, met grey, full leather£14995

16 66 JEEP CHEROKEE 2.2 M-Jet 200 Limited 5dr Automatic 4WD, sat nav, pan roof, reverse camera, 23k, blue, full leather£15995

17 67 JEEP CHEROKEE 2.2 MultiJet 200 Limited 5dr Automatic, Jeep warranty Oct 2020, sat nav, 26k, black£16995

18 18 JEEP CHEROKEE 2.2 CRD MultiJet 200 Limited 5dr AWD Automatic, Jeep warranty Oct 2020, sat nav, reverse camera, privacy glass, 12k, choice, full leather£17495

16 66 JEEP RENEGADE 2.0 MultiJet Limited 5dr Automatic 4WD, sat nav, heated seats, black, full leather£9495

15 65 KIA SORENTO 2.2 CRD SX3 5dr Automatic AWD (7-Seater), Kia warranty Dec 2020, pan roof, reverse camera, 21k, white, full leather£18995

18 18 KIA SORENTO 2.2 CRDI SX3 5dr (7-Seater), Kia warranty June 2025, sat nav, pan roof, reverse camera, 8k, black, full leather£25995

16 66 KIA SPORTAGE 1.6 T-GDI GT-Line 5dr Automatic AWD, Kia warranty Nov 2023, sat nav, reverse camera, heated seats, choice, full leather£14495

18 68 KIA SPORTAGE 1.6 T-GDI 45dr DCT Automatic 4WD, Kia Warranty until October 2025, pan roof, sat nav, reverse camera, 19" alloys, 9k, blue, full leather£22495

16 16 KIA SPORTAGE 2.0 CRDI SX3 5dr (Facelift), Kia warranty June 2023, sat nav, reverse camera, 41k, met blue, full leather£13495

16 66 KIA SPORTAGE 2.0 CRDI SX3 5dr (Facelift), sat nav, grey, full leather£13995

16 66 KIA SPORTAGE 2.0 CRDI SX3 5dr Automatic, Kia warranty Sept 2023, pan roof, sat nav, reverse camera, white, full leather£14495

16 66 KIA SPORTAGE 2.0 CRDI First Edition 5dr Automatic 4WD, Kia warranty Sept 2023, sat nav, sunroof, 24k, white, full leather£17495

17 17 KIA SPORTAGE 2.0 CRDI SX3 5dr AWD 5dr, pan roof, sat nav, cruise, reverse camera, choice, full leather£14495

18 18 LAMBORGHINI HURACAN LP640-4 Performante LDF 4WD 2dr lift system, Lamborghini warranty May 2022, 20" black alloys, rear view camera with pdc, green brake callipers£179995

16 16 LAND ROVER DISCOVERY SPORT 2.0 TD4 HSE Black 5dr Automatic (7-Seater), sat nav, pan roof, reverse camera, adaptive cruise, blue, full leather£22995

16 16 LAND ROVER RANGE ROVER SPORT 3.0 SDV6 (306) HSE 5dr Automatic 4x4, sat nav, reverse camera, 20" alloys, heated and cooled seats, black, full leather£30995

14 64 LAND ROVER RANGE ROVER 3.0 TDV6 Autobiography 5dr Automatic, electric side steps, pan roof, TV, sat nav, reverse camera, white, full leather£35995

13 63 LAND ROVER RANGE ROVER EVOQUE 2.2 SD4 Pure 5dr, pan roof, tech pack, sat nav, white, full leather£14495

14 64 LAND ROVER RANGE ROVER EVOQUE 2.2 SD4 Pure 5dr AWD, 18" alloys, heated seats, grey, full leather£15495

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 TD4 SE Tech 5dr Automatic, sat nav, heated seats, 18" alloys, 21k, blue, full leather£22495

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 TD4 HSE DYNAMIC 5dr Automatic, sat nav, 24K, met grey, full leather£24995

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 TD4 SE TECH 3dr Automatic, sat nav, black, full leather£20995

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 TD4 SE Tech 5dr, sat nav, Bluetooth, 32k, choice, full leather£19495

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 TD4 Autobiography 5dr Automatic, sat nav, pan roof, 20" alloys, reverse camera, grey, full leather£26995

17 17 LAND ROVER RANGE ROVER SPORT 5.0 V8 Autobiography Dynamic 5dr Automatic, Land Rover warranty June 2020, stealth pack, sat nav, pan roof, privacy glass, 9k, white, full leather£53995

16 66 MERCEDES C43 4Matic Premium 2dr Coupe Automatic, pan roof, sat nav, reverse camera, cruise, 22k, white, half-leather£29995

18 18 MERCEDES E350 D 4Matic AMG Line Premium Plus 2dr Coupe 9G-Tronic Automatic, Mercedes warranty July 2021, pan roof, sat nav, 19" alloys, 9k, blue, half-leather£30995

16 66 MERCEDES GLC220d 4Matic Sport Premium 5dr 9G-Tronic Automatic, pan roof, sat nav, reverse camera, grey, full leather£21995

18 68 MERCEDES GLC220 D 4Matic AMG Line 5dr 9G-Tronic Automatic, Mercedes warranty Oct 2021, pan roof, night pack, 20" alloys, sat nav, reverse camera, 4k, choice£27995

18 18 MERCEDES GLE250 D 4Matic AMG Night Edition 5dr 9G-Tronic Automatic, Mercedes warranty Aug 2021, sat nav, reverse camera, 20" alloys, 10k, black, full leather£32995

18 18 MERCEDES GLS350 D 4Matic AMG Line 5dr 9G-Tronic Automatic 7-Seater, Mercedes warranty Aug 2021, night pack, Harman kardon, sat nav, pan roof, 13k, white, full leather£44995

16 66 MINI PACEMAN 1.6 ALL4 3dr Automatic, media pack - sat nav, pepper pack, tlc pack, 7k, silver, half-leather£12495

14 64 MINI PACEMAN 2.0 SD All 4 3dr, chilli-tlc pack, 18" alloys, 42k, met blue, full leather£9495

13 63 MITSUBISHI ASX1.8 4 5dr AWD, pan roof, sat nav, 44k, black, full leather£7995

16 16 NISSAN QASHQAI 1.6 DCI N-Connecta 5dr AWD, sat nav, pan roof, reverse camera, 31k, met red£11795

16 66 NISSAN X-TRAIL 1.6 DCI Acenta 5dr 4wd (7-Seater), pan roof, 26k, grey£13495

18 68 PORSCHE MACAN 2.0 T 4WD 5dr PDK, pan roof, 21" turbo alloys, BOSE, comfort memory pack, heated seats, LED lights, huge spec, in black with full Mojave beige leather£48995

16 66 VW GOLF 2.0 TSI R 5dr DSG Automatic 4WD, sat nav, heated seats, 19" alloys, 25k, black£20995

16 66 VW TIGUAN 2.0 TDI 150 4Motion SE Nav 5dr (Facelift), sat nav, cruise, black£14995

16 66 VW TIGUAN 2.0 TDI 150 4Motion R Line 5dr, pan roof, heated seats, 20" alloys, 32k, grey£20995

18 68 VOLVO XC60 2.0 D4 R-Design 5dr Automatic AWD, Volvo warranty Oct 2021, sat nav, 19" alloys, 13k, met red, half-leather£26995

16 16 VOLVO XC90 2.0 D5 R-Design 5dr AWD Geartronic Automatic (7-Seater), 20" Alloys, sat nav, grey£27995

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16 16 NISSAN NAVARA 2.3 DCI 190 Acenta Double Cab Pickup Automatic 4WD, privacy glass, 33k, grey£12995+VAT

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16 16 ABARTH 595 1.4 T-Jet 140 3dr, Bluetooth, dab, aux, usb, 31k, blue. £8495

16 66 ABARTH 595 1.4 T-Jet 165 Turismo 3dr, Bluetooth, dab, 17k, red, full leather. £11995

17 67 ALFA ROMEO GIULIETTA 1.4 TB 5dr, Alfa warranty Oct 2020, air-con, 17" alloys, dab, 8k, white. £10495

17 66 ALFA ROMEO MITO 0.9 TB TwinAir 3dr, Alfa warranty Feb 2020, air-con, Bluetooth, dab, 7k, red. £7995

16 66 AUDI A1 1.6 TDI SE 5dr, dab, privacy glass, red, full leather. £8995

18 18 AUDI A3 1.6 TDI 116 Sport 4dr Automatic, Audi warranty April 2021, sat nav, heated seats, black. £15295

17 67 AUDI A4 AVANT 2.0 TDI Ultra 190 S-Line Estate S-Tronic Automatic, Audi warranty Dec 2020, sat nav, heated seats, 19k, red, half-leather. £19495

18 67 AUDI A5 2.0 TDI Ultra Sport 5dr, Audi warranty March 2021, sat nav, black alloys, heated seats, blue, full leather. £19495

15 65 BMW 118 D Sport 5dr, sat nav, driver comfort pack, pdc, 41k, silver, full red leather. £10495

16 66 BMW 118 D Sport 5dr, sat nav, 17" alloys, comfort pack, 30k, black. £11495

15 15 BMW 320d EfficientDynamics Business 4dr, sat nav, 18" m sport alloys, grey, full leather. £9995

15 65 BMW 320 D 0.0 M Sport Gran Turismo 5dr Automatic, pro media, pan roof, 19" alloys, Harman kardon, 26k, black. £17995

17 67 BMW 320 D M Sport Shadow Edition 4dr Automatic, BMW warranty Oct 2020, sat nav, harman kardon, heated seats, blue, full leather. £16495

16 66 BMW 330e M Sport 4dr Step Automatic, M sport plus pack, sat nav, 19" alloys, 28k, estoril blue, full leather. £19995

15 15 BMW 420 D SE 190 2dr Coupe Automatic, sat nav, 18" m sport alloys, black, full leather. £12995

17 67 BMW 420d (190) M Sport 5dr Gran Coupe Automatic, BMW warranty Oct 2020, 19" alloys, pro media, m sport + pack, Harman kardon, choice, full leather. £18995

15 65 BMW 520 D (190) SE Estate Automatic, sat nav, privacy glass, white, full oyster leather. £13995

16 66 BMW 520 D M Sport 4dr Automatic, pro media, 19" alloys, m sport plus pack, 26k, choice, full leather, from. £15995

16 66 BMW 520 D M Sport 4dr Automatic, sat nav, heated seats, black, full leather. £14995

16 66 BMW 520 D 0.0 M Sport Gran Turismo 5dr Automatic, pan roof, sat nav, 27k, carbon black, full leather. £19995

17 66 BMW i3 94AH with Range Extender 5dr, BMW warranty Jan 2020, pro media - sat nav, 19" alloys, 16k, blue, full leather. £20995

16 66 BMW X1 2.0 SDrive D M Sport 5dr, sat nav, reverse camera, heated seats, black, full leather. £13995

17 17 CITROEN C4 CACTUS 1.2 PureTech Flair 5dr, sat nav, reverse camera, 15k, silver. £8795

18 68 DACIA SANDERO STEPWAY 0.9 TCE Comfort 5dr, Dacia warranty Nov 2021, sat nav, air-con, 6k, white. £8295

17 17 DS DS3 1.6 BlueHDI Prestige 3dr, DS warranty April 2020, sat nav, cruise, 17" alloys, yellow. £7995

15 65 FIAT 500 1.2 Cult 3dr, pan roof, 23k, green, full leather. £5995

17 67 FIAT 500 1.2 Lounge 3dr, pan roof, alloys, usb, dab, 23k, choice. £5995

15 65 FIAT 500X 1.4 M-Air Lounge 5dr, sat nav, privacy glass, 23k, grey, half-leather. £8995

17 17 FIAT 500X 1.6 Eco-Torq Pop Star 5dr, sat nav, bluetooth, cruise, 16k, black. £9495

13 13 FORD FIESTA 1.6 Zetec 5dr Powershift Automatic, city pack, alloys, white. £4995

16 66 FORD FIESTA 1.0 EcoBoost 140 ST-Line Navigation 5dr, Ford warranty Feb 2020, sat nav, 17" alloys, Bluetooth, dab, 7k, black. £10495

19 69 FORD FOCUS 1.5 EcoBoost 182 ST-Line X 5dr, Ford warranty Oct 2022, sat nav, reverse camera, heated seats, only 311 miles in white, half-leather. £20995

16 66 FORD FOCUS 1.5 TDCI Titanium X Navigation 5dr Powershift Automatic, Ford warranty Jan 2024, sat nav, reverse camera, 24k, orange. £11995

17 17 FORD FOCUS 1.5 TDCI 120 Zetec Edition 5dr, Ford warranty April 2020, sat nav, cruise, Bluetooth, choice. £8495

17 17 FORD FOCUS 1.5 TDCI 120 ST-Line 5dr, Ford warranty July 2020, sat nav, dab, Bluetooth, usb, 16k, silver. £11495

14 14 FORD FOCUS 1.6 TDCI 115 Navigator 5dr, appearance pack, sat nav, privacy glass, red. £6795

15 15 FORD KUGA 2.0 TDCI 150 Titanium 5dr, appearance pack, 17" alloys, 29k, red, half-leather. £9995

16 16 FORD S-MAX 2.0 TDCI Titanium Sport 5dr Automatic, (7 seater) pan roof, sat nav, 18k, silver. £17995

16 66 FORD MONDEO 1.5 TDCI Ecotonic Zetec 5dr, sat nav, Bluetooth, dab, black. £8995

17 17 FORD MONDEO 2.0 TDCI Eco Zetec Estate, sat nav, cruise, choice. £9495

16 65 FORD MUSTANG 5.0 V8 GT 2dr Coupe, sat nav, xenons, 19" alloys, 13k, red, full leather. £24995

19 69 HYUNDAI KONA 1.6 150kw GDI Hybrid Premium SE 5dr Automatic, Hyundai warranty Oct 2024, sat nav, reverse camera, heated seats, only 464 miles in orange. £22995

16 66 HYUNDAI TUCSON 1.7 CRDi BlueDrive Premium 5dr DCT Automatic, Hyundai warranty Oct 2021, sat nav, reverse camera, met grey, full leather. £14495

16 66 HYUNDAI TUCSON 1.7 CRDi BlueDrive SE Nav 5dr, Hyundai warranty March 2022, sat nav, heated seats, reverse camera, 28k, black. £12495

17 67 HYUNDAI TUCSON 1.6 GDI Blue Drive S 5dr, Hyundai warranty Dec 2022, air-con, Bluetooth, dab, 10k, blue. £12495

14 14 JAGUAR F-TYPE 3.0 Supercarged V6 S 2dr Coupe Automatic, sat nav, reverse camera, 20" alloys, 23k, white, full leather. £27995

18 18 JEEP COMPASS 1.4 Multiair 140 Limited 5dr, Jeep warranty April 2021, sat nav, reverse camera, 19" alloys, 12k, silver, full leather. £18495

17 67 JEEP RENEGADE 1.6 Multijet Night Eagle II 5dr, Jeep warranty Nov 2020, sat nav, privacy glass, cruise, 29k, white. £12495

18 68 KIA CEEA 1.4 TDI ISG Blue Edition 5dr, Kia warranty Dec 2025, sat nav, reverse camera, 8k, blue. £15795

16 66 KIA NIRO 1.6 GDI Hybrid 2 5dr DCT Automatic, Kia warranty Oct 2023, sat nav, reverse camera, 28k, choice. £15995

16 66 KIA SPORTAGE 1.7 CRD ISG 2 5dr, Kia warranty Feb 2024, sat nav, reverse camera, 25k, choice. £11995

18 18 KIA OPTIMA 1.7 CRDi ISG 2 Estate, Kia warranty May 2021, sat nav, reverse camera, cruise, 18k, black. £12495

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 ED4 SE 5dr, heated seats, 18" alloys, 37k, blue, full leather. £18995

13 13 LAND ROVER RANGE ROVER EVOQUE 2.2 ED4 Pure 5dr, sat nav, tech pack, pan roof, grey. £12495

17 17 LEXUS IS300h 2.5 Executive Edition 4dr Automatic, Lexus warranty April 2020, sat nav, 16k, silver, full leather. £16495

17 67 LEXUS IS300h Advance 4dr CVT Automatic, sat nav, reverse camera, 17" alloys, cruise, grey, full leather. £17495

18 68 MAZDA 3 2.2 D SPORT Nav 5dr, Mazda warranty Sept 2021, sat nav, headup display, reverse camera, black, full leather. £14995

15 65 MAZDA CX-3 2.0 SE-L 5dr Automatic, heated seats, cruise, air-con, 28k, blue. £11495

10 10 MAZDA MX-5 1.8 I 20th Anniversary Convertible, CD player, air-con, white. £5295

16 66 MERCEDES A180 D AMG Line 5dr, xenons, cruise, 18" alloys, grey. £12995

18 68 MERCEDES A180 D AMG Line 5dr Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, 15k, white, half-leather. £19995

18 18 MERCEDES A200 D Sport Executive 5dr Automatic, Mercedes warranty March 2021, sat nav, usb, reverse camera, 16k, silver. £15995

18 18 MERCEDES C220 D AMG Line 2dr Coupe Automatic, Mercedes Benz warranty until July 2021, sat nav, reverse camera, 10k, silver, full leather. £23995

18 18 MERCEDES C300 AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty Aug 2021, sat nav, reverse camera, 7k, silver, half-leather. £24995

15 65 MERCEDES C350e Sport Premium Plus 4dr Automatic, pan roof, sat nav, reverse camera, 41k, silver, full leather. £17995

16 66 MERCEDES CLA180 Sport 4dr, cruise, 18" alloys, Bluetooth, 15k, silver. £16795

16 66 MERCEDES CLA200 D AMG Line 4dr Coupe, cruise, Bluetooth, 19k, white. £18495

17 67 MERCEDES CLA220 D AMG Line 5dr Estate Tip Automatic, Mercedes warranty Sept 2020, sat nav, privacy glass, cruise, red, half-leather. £17495

17 17 MERCEDES E220 D AMG Line 4dr 9G-Tronic Automatic, Mercedes warranty July 2020, sat nav, reverse camera, heated seats, 19" alloys, 29k, choice. £20495

17 67 MERCEDES E220 D AMG Line 5dr Estate 9G-Tronic Automatic, Mercedes warranty Oct 2020, sat nav, reverse camera, 19" alloys, 13k, grey, half-leather. £21795

17 67 MERCEDES E220d AMG Line 2dr Convertible 9G-Tronic Automatic, Mercedes warranty Dec 2020, sat nav, reverse camera, cruise, heated seats, air scarf, 26k, choice, full leather. £21995

17 17 MERCEDES E220 D AMG Line 2dr Coupe 9G-Tronic Automatic, Mercedes warranty Sept 2020, sat nav, 19" alloys, choice, half-leather. £22995

16 66 MINI COOPER 1.5 D 5dr, Mini warranty Dec 2019, air-con, Bluetooth, aux, usb, 25k, white. £8795

16 66 MINI COOPER 1.5 5dr, chilli pack, cruise, Bluetooth, dab, air-con, aux, usb, choice, 27k. £9795

18 68 MINI COOPER 2.0 S II 5dr, Mini warranty Oct 2021, sat nav, apple car play, privacy glass, 20k, black. £13995

16 16 MINI CLUBMAN 1.5 6dr Estate, sat nav, chilli + tic pack, 33k, black, half-leather. £10795

16 66 MINI CLUBMAN 2.0 D 6dr, sat nav, heated seats, blue, half-leather. £11495

18 18 MINI COOPER 2.0 S 5dr (190bhp), sat nav, apple car play, privacy glass, 8k, choice. £13795

17 67 MINI COUNTRYMAN 2.0 S 5dr (189bhp), Mini warranty Oct 2020, sat nav, 18" alloys, 11k, white, half-leather. £18995

16 66 NISSAN JUKE 1.5 DCI N-CONNECTA 5 D, sat nav, reverse camera, choice camera, blue. £7995

16 66 NISSAN QASHQAI 1.6 DCI 130 N-Connecta 5dr CVT Automatic, sat nav, reverse camera, blue. £11495

17 67 NISSAN X-TRAIL 1.6 DCI Acenta 5dr Xtronic Automatic (7-Seater), Nissan warranty Oct 2020, pan roof, cruise, 9k, blue. £14995

17 17 NISSAN X-TRAIL 1.6 DIG-T N-Vision 5dr (7-Seater), sat nav, pan roof, reverse camera, 24k, choice. £12495

16 66 PEUGEOT 108 1.0 Active 5dr, air-con, cruise, aux, 32k, choice. £4995

18 18 PEUGEOT 308 1.2 Pure Tech 130 GT Line 5dr, Peugeot warranty May 2021, sat nav, pan roof, reverse camera, 22k, blue. £10995

12 12 PEUGEOT 3008 1.6 THP Exclusive 5dr, 53k, black. £4995

17 17 PEUGEOT 3008 2.0 BlueHDI 150 GT-Line 5dr, Peugeot warranty June 2020, sat nav, reverse camera, 30k, blue. £16995

18 67 RENAULT CAPTUR 0.9 TCE 90 Dynamique Nav 5dr, Renault warranty Feb 2022, sat nav, cruise, 17" alloys, 9k, grey. £10495

17 17 RENAULT CLIO 0.9 TCE 90 Dynamique S Nav 5dr (facelift), Renault warranty Sept 2020, sat nav, 17" alloys, 11k, blue. £8995

15 65 RENAULT KADJAR 1.5 DCI Dynamique S Nav 5dr, sat nav, 19" alloys, pdc, choice. £9295

16 66 RENAULT MEGANE 1.5 DCI SIGNATURE NAV 5dr, sat nav, white, full black leather. £9495

16 66 SSANGYONG TIVOLI XLV 1.6 D ELX 5dr, Ssangyong warranty Dec 2021, sat nav, reverse camera, 19k, white, full leather. £9995

17 67 VAUXHALL ASTRA 1.6 CDTi Elite 5dr, Vauxhall warranty Oct 2020, sat nav, Bluetooth, 20k, silver, full leather. £9795

14 64 VAUXHALL INSIGNIA 2.0 CDTi 140 ecoFLEX SRI Nav 5dr, Bluetooth, silver. £5795

16 66 VW GOLF 1.6 TDI 110 Match Edition 5dr, sat nav, heated seats, cruise, blue. £9995

16 66 VW GOLF 2.0 TDI GTD 3dr DSG Automatic, sat nav, 19" alloys, heated seats, 27k, grey, full leather. £17495

17 67 VW GOLF 2.0 TSI GTI 5dr, VW warranty Jan 2021, sat nav, xenons, cruise, 18" alloys, 4k, choice. £10495

17 67 VW PASSAT 1.4 TSI GTE Estate DSG Automatic, sat nav, heated seats, 18" alloys, black, half-leather. £18495

16 66 VW SCIROCCO 2.0 TDI BlueMotion Tech GT 3dr DSG Automatic, sat nav, 18" black alloys, dab, grey, half-leather. £13995



18 18 MERCEDES C200 Sport Premium 4dr 9G-Tronic Automatic, Mercedes warranty May 2021, pan roof, sat nav, £19495 NO BUYERS FEES



16 66 HYUNDAI i40 1.7 CRDi Blue Drive Premium 4dr, Hyundai warranty Nov 2021, pan roof, sat nav, £11795 NO BUYERS FEES



16 16 DS DS3 1.2 Puretech Elegance 3dr, cruise, dab, 17" black alloys, 17k, yellow £6995 NO BUYERS FEES



16 66 MINI COUNTRYMAN 2.0 S D 5dr, chilli pack, heated seats, 18" alloys, 32k, blue £11995 NO BUYERS FEES



18 68 MERCEDES E220 D AMG Line Premium 2dr Convertible 9G-Tronic Automatic, Mercedes warranty Oct 2021, £28995 NO BUYERS FEES



17 67 BMW 420 D Sport Gran Coupe 5dr (190bhp), BMW warranty Sept 2020, sat nav, 20k, black, full leather £16995 NO BUYERS FEES



16 66 NISSAN QASHQAI 1.5 DCI N-Connecta 5dr, pan roof, sat nav, reverse camera, choice £10495 NO BUYERS FEES



17 67 MERCEDES E220 D AMG Line 4dr 9G-Tronic Automatic, Mercedes warranty Sept 2020, sat nav, xenons, £19995 NO BUYERS FEES



17 67 FIAT 500 1.2 Lounge 3dr, pan roof, alloys, usb, dab, choice £6295 NO BUYERS FEES



16 16 AUDI A4 AVANT 2.0 TDI S-Line Estate, sat nav, Bluetooth, cruise, dab, 33k, grey £14995 NO BUYERS FEES



16 66 JAGUAR XF 2.0 D R-Sport 4dr Automatic, sat nav, black alloys, privacy glass, Bluetooth, 36k, white, £17495 NO BUYERS FEES



16 66 FORD S-MAX 2.0 TDCI Titanium 5dr (7-Seater), Ford warranty Feb 2020, sat nav, cruise, 34k, met red £14995 NO BUYERS FEES



16 16 HYUNDAI i30 1.6 CRDi BlueDrive Premium 5dr, Hyundai warranty June 2021, sat nav, 27k, choice, £8995 NO BUYERS FEES



16 16 VOLVO V40 2.0 T2 R-Design 5dr, cruise, 17" alloys, 33k, blue £9995 NO BUYERS FEES

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2013 63 AUDI A5 2.0 TDI SPORTBACK SPECIAL EDITIONS Black Edition 5dr£10,490



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RAC

Organisations team up with Hafod to raise funds for Cardiff and Vale bone marrow transplant charity



Teams from Hafod, Newydd Housing Association, Kingfisher Developments, Pearce Elite, Linc Cymru, CPS Group, Asbri, LRM Planning and Involve Recruitment.

NINE organisations from across south Wales joined together to raise funds for Cardiff and Vale University Health Board's bone marrow transplant unit, by competing in a five-a-side football match at the Gôl Centre in Cardiff in November.

The tournament, organised by care provider Hafod, raised over £300 which will contribute to staff training, amenities for patients and research.

The atmosphere was electric both on and off the pitch, where teams played to win the golden trophy.

Congratulations to the charity event sponsors, the CPS Group, on being crowned the winning team after a thrilling 7-3 win against Hafod in the final. Jon McCarthy of CPS said:

"On behalf of the CPS team, I would like to say how proud we are to have sponsored such a great event that has raised money for a fantastic cause. "It was amazing to see so many

different organisations come together to fundraise for charity. The standard of football was excellent and I would like to thank the other teams for playing and making it such a competitive tournament – It makes winning an even better feeling."

Dr Keith Wilson, consultant haematologist and director of the South Wales Blood and Marrow Transplant programme said: "We are very grateful for any funds that are raised and which will further research, staff

training, as well as for purchasing amenities to make it much better for patients during their hospital stay."

The blood and marrow transplant programme serves all patients with haematological malignancies in mid and south Wales, covering about three quarters of the Welsh population.

Find out more about Hafod by visiting hafod.org.uk and for more information about the charity, visit www.healthcharity.wales

AG

Captain Steve keeps his nerve



SURELY, there is no more daunting a task for a golf club captain than his inaugural 'drive-in'.

More than 20 members of St Mary's senior section braved the rain to watch Steve Phillips

(above right), their newly elected captain, tee off alongside outgoing captain, Dave Hughes (above left).

With Hughes' tee ball sailing out of bounds over the hedge, the pressure on Phillips to get his year off to a good start with a decent drive increased by several notches. The left-hander need not have worried, however, as he hit a Sunday best shot, 150 yards straight

down the middle, confounding those members who, assuming he would play with his favoured fade, had placed their predictions, and their cash, at the left edge of the fairway.

Following on from the drive-in, 27 of the section's members played their annual turkey trot Stableford competition.

Conditions were difficult, so just 16 holes were played. Gareth Thomas won with 35 points. Fred Furby and Bryant Thomas tied for second place on 33 points. Twos were scored by Mike Tayler, Hugh Williams, Gordon Martin and Lee Francombe. NL

Penarth club gymnasts make their mark in Poole, taking 10 medals!



James Savory, Gareth Lloyd, David Melly and Kiaran

GYMNASTICS Men's Disability members of under 21s, over 21s and Masters had a great day at the Poole Open Disability Artistic Gymnastics competition, taking 10 medals out of the 12 available.

The competition had an international feel about it with teams from Norway and Italy, as well as from all around the UK. The team set off from their gymnastics centre in Palmerston Estate, Barry, to drive to Poole.

Only David Melly (under-21) competed in the morning session and he took the gold medal for his vault, and also put in some outstanding routines on floor and parallel bars, just missing out on a medal in a strong group.

In the afternoon session Kiaran, Gareth and James started at 4.30pm, with Gareth Lloyd and Kiaran Parsons taking part in the over-21s competition and James Savory in the Masters. All three are from Barry.

Kiaran went first on vault, putting in one of his best vaults this year. Gareth Lloyd and James Savory also put in quality vaults in a closely-fought

round. Gareth received the gold and Kiaran bronze. James received gold for his vault in the Masters competition.

Next was the parallel bars with Kiaran and Gareth going first in the over 21s. They put in two excellent routines, with Kiaran receiving the gold medal and Gareth the bronze, while James put in one of his best performances of the year to take his second gold medal in the Masters.

James Savory was then presented with a special certificate to celebrate his attendance at this competition every year since its inception in 1999.

It was on to the final round, with all three on floor. Gareth and Kiaran received a joint gold medal in the over-21s, and James received his third gold in the Masters. They will be continuing their training under the watchful eye of club leader Mrs Gwynedd Lingard MBE!

If anyone is interested in taking part in disability artistic gymnastics, contact Jeff Savory at specialolympicswales@gmail.com or on: 0780 316 5581.

JS

Missed tackles cost Phoenix dear against Llandaff North

PENCOED Phoenix were at home to a strong Llandaff North side, and it was a missed tackle that cost Phoenix the game.

The Pencoed side were in control for much of the second half, and the balance of power was not reflected in the 62-25 final scoreline.

Phoenix picked up a number of injuries but there was a bonus with the return to action of Holly Tuck, after a two-year break due to a knee injury.



ABOVE: Eleri Harris Thomas with the ball for Pencoed Phoenix. Photo by club photographer Julie Hancock - juliehancock.org

On and Off the Turf with Brian Lee Welsh riders Southwell winners

ALAN Johns, stable jockey to Aberthin's Tim Vaughan, chalked up another winner when landing the handicap hurdle at Southwell on December 3 on Norwegian Woods, which won by eight lengths from Tis Fantastic.

A faller in its previous race, six-year-old Norwegian Woods was returned at odds of 7-1. first time in 303 days, was made the 4-5 favourite.

Forty-five minutes or so later, another Welsh rider was in the winner's enclosure after Connor Brace, riding in the NH Flat race for conditional jockeys, scored on Fergal O'Brien's five-year-old *Global Fame* which won by one-and-a-half lengths from *Fantastikas*, trained by Nigel Twiston-Davies.

Strongly fancied *Global Fame*, racing for the



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Sluggish start means Barry are shut out at Ynysybwl

WITH no game last week because of the Wales v Barbarians match in Cardiff, it was back to business for the Barry First XV last Saturday when they travelled to Ynysybwl RFC for an East Central Division One league match.

In spite of the heavy rain in recent weeks, the playing surface was in good condition and ideal for open running rugby. With both teams having won and lost the same number of matches in the season to date, a well matched encounter was anticipated by the travelling supporters. Sadly, this was not to be the case with lacklustre Barry being well beaten by the home side and losing by 35-0.

It all started to go wrong for Barry from the start. Receiving the ball from the kick-off, Ynysybwl attacked immediately and their backs set up a move which could not be contained by the Barry defence due to a number of missed tackles. This allowed the home side to open the scoring with a converted try in the corner and Barry were 7 - 0 down.

This was not the start that Barry had hoped for, but things

were about to get worse. From the restart, Ynysybwl immediately set up another attack, moving the ball swiftly between their forwards and backs to score another try under the posts. With the conversion again successful, Barry were 14-0 down after only five minutes. Sadly, during this passage of play Barry's hooker Dave Evans sustained a knee injury and had to leave the field to be replaced by Lucas Davies.

Barry attempted to get their act together and began to set up a series of attacking moves. Through lack of concentration and possibly a bit of shell shock from the home side's early tries, the ball was mishandled during one move, and Ynysybwl hacked the ball downfield. During this passage of play there was an opportunity to put the ball out of play but an air shot, or to be precise an air kick by one of the covering defenders, allowed the home side to pounce on the ball for their third try. With the conversion again successful, Barry were 21 points down after 14 minutes of play and facing a mountain to climb.

For the next 20 minutes or so Barry seemed to stem the flow and held their own. A long releasing kick by the Ynysybwl

full back was collected by second row Sion Vidal who rang a full 40 yards or so before being stopped in his tracks. The ball was recirculated to the Barry backs who came close to scoring, only to be stopped by a resolute home defence.

Barry supporters felt that Ynysybwl's backs were prone to crossing, but this was only picked up once or twice by the referee. Barry's first real chance of putting points on the board came close to half time when after one of these transgressions, Kyle Barros put in a long relieving kick of 40 or more yards from the penalty, finding touch 10 yards from the Ynysybwl line. From the throw in, a take and drive was set up which was stopped a couple of feet short of the line. Half time score Ynysybwl 21 Barry 0.

There must have been some stern words spoken to the Barry side during the break because they started the second half with fervour and came close to scoring a number of times with some penetrating runs by Ashley Adams, Tom Perry and prop Alyn Evans.

However, it was not to be and no matter how hard they tried, they were always stopped by a resolute Ynysybwl defence.

When it looked as though 21-0 might be the final score, the referee blew his whistle for a knock on and then awarded a penalty try to Ynysybwl. This was the final straw for Barry and it came as no surprise when the home side added a further seven points right on full time. **Final score Ynysybwl 35 Barry 0.**

This was a disappointing performance by Barry who have shown in previous matches that they are capable of much better. **Team:** Alyn Evans, Dave Evans, Sam Bowditch, Rob Williams, Sion Vidal, Garth Peake, John Miles, Marc Devine, Dom Busuttill, Einan Scott, Ross Merrills, Tom Perry, Kyle Barros, Danny Ryan and Kyle Johns. **Substitutes:** Lucas Davies, Jamie Oaten, Nathan Harris, Joel Beavis and Ashley Adams.

DH The next match is on Saturday, December 14 away to Rhiwbina, 8.20pm.

Barry RFC Mega4 Lottery Numbers for Saturday, December 7 were: 3, 9, 17 and 23. We have one over-all winner this week with one ticket matching all four numbers and winning £5,800. No tickets matched 3 numbers.

Barry Town fans get the jitters after faltering displays



Kayne McLaggan returned on Saturday, but Barry's Welsh Cup dream is over.

WHILE not yet a winter of discontent, clouds of concern were forming over Jenner Park on Saturday, as a frustrated Barry Town slipped to a fifth defeat in six games to exit the JD Welsh Cup.

For the second weekend, a single Newtown goal in the dying minutes proved enough to sink Gavin Chesterfield's side, in spite of a spate of changes that saw Kayne McLaggan, Jonathan Hood and Jordan Coterill recalled to the starting line-up, in favour of Eli Phipps, Evan Press and Drew Fahiya.

In an ill-tempered affair, Barry's display was not without effort or vigour, yet the hosts lacked the quality and potency to threaten Newtown goalkeeper Dave Jones during Saturday's knock-out tie.

After the previous weekend dished up a drab encounter, Barry's lowest home crowd of the season turned out for Saturday's rematch, despite the heightened stakes of a first-ever Welsh Cup meeting.

Sadly, there was little again to write home about for the Jenner Park hardcore who did turn out, as the well-drilled visitors strong-armed their way to a repeat result, adding to Barry's winter malaise.

It appeared extra-time would be in the offing, with Sion Spence

weathering a hefty knock and Lukes Cooper and Cummings each putting in a shift to keep the Town in contention.

As usual, Chris Hugh was a stand-out for Barry, sprinting to win a 50/50 tackle in a moment that might well have set this volatile game into overdrive, had it been executed without his dentist-like precision.

Nevertheless, for all their endeavour in the first two-thirds of the field, Barry were unable to create the calibre of chances up top to take the tie by the horns and on 86 minutes, they were punished.

It came with almost an air of inevitability; Newtown captain Kieran Mills-Evans assuming the role of last week's match-winner Ian Sheridan and breaking Barry hearts at the same Gladstone Road end.

Newtown now hold the bragging rights to beating Barry three times at Jenner Park in a single calendar year.

After enjoying such a vibrant start, it is difficult to determine where things have gone wrong for Barry.

To make matters worse, the next opponents for Chesterfield's men are Cymru Premier champions The New Saints, who return to Jenner Park in the live Spgorio match this Friday night (8pm kick-off).

Ashley Cox

Barry and District Ladies' Skittles League round-up

THE scores from the Barry and District Ladies Skittles League for December 2 are as follows:

Division 1: Allsorts 244 (C Newell 26) v Cigar Ladies 274 (J Byrne 28); Cadoxton Con Fillies 239 (L Harris 28) v Baker's Dozen 249 (E Baker, K James and A Haines 23); Special Angels 240 (J Abram 24) v Barry Stars 218 (D Bowsher 23); Sea View Gals 262 (M Richards 29) v LaBells 265 (A Chick 27); Space Finders 325 (D Carter 35) v Challengers 325 (A Beale 33).

Division 2: Rhooose Starlights 252 (E Edwards

29) v Breakaways 260 (L Smith 27); Bobby's Girls 248 (G Toogood, N Toogood 26) v Persuaders 243 (M Whithurst 25); Roller Costers 248 (M Pratt, M Delimore 24) v Colcot Ladies 230 (H Edwards 25); Fallen Angels 249 (L McSheehy, L Chambers 24) v Rugby Triers 251 (J Belinger 28); Witchill Weebies 330 (R Royle 35) v Family Affair 326 (A Price 34); Clickies 204 (M Thomas 25) v Etcetera 231 (C Mackintosh 27).

Division 3: Little Devils 205 (J H Jones 24) v Hillbillies 224 (J Wood 27); Sea View Ladies 181 (F Butler 25) v Bandits 175 (J

Grant 24); Off the Rails 233 (G Griffiths 29) v Westenders 250 (S Evans 24); Airways Angels 226 (A Crook 25) v Liberals 236 (A Neale, B Binding 25).

Division 4: Witches 242 (C Kemp 25) v Witchill Wanderers 211 (J Morrissey, V Kerslake, F Ghiasi 22); Bimbos 237 (S Harding 24) v Westend Rollers 164 (T Perry 28); Twilights 223 (T Davies 26) v Drifters 247 (K Robins 27); Nite Outers 237 (M Wright 25) v Down Town Gals 212 (G Carter 26); Optimists 183 (J Holland 25) v Merry Makers 210 (M Payne 30).

HB

Latest news and results from Barry Chess Club

THIS week the Camelots and Gambits were in action for the Barry Chess Club, the Camelots chasing promotion from division two played the low-placed Cardiff Cavaliers, so a good win was anticipated.

The Gambits played the champions elect, even at this early stage of the season, Pentrych Amateurs. The Amateurs have won all their matches so far so to pick up anything would be a bonus. Things don't always work out as you expect.

The Camelots out-ranked their opponents, but surprisingly lost on the top two boards. Dave Turner on board three and Tom Cooke on five won, with Dave Parsons on board four chipping in with a draw

to leave the match all square and our unbeaten record intact.

The Pontypridd Barbarians with a big win over the previously unbeaten North Cardiff Panthers now head the table on tie break from the Camelots. Our next match is at home to the Barbarians, so a good result is needed if we hope to win the division.

In division three the Gambits earned draws from Erion Pici and myself. There was also a win for Ian Abraham to give us an unexpected two points. This equalled the Amateurs' worst result of the season to date, even though they did win by 3-2. We could/should have done better as Erion missed a mate in two.

It looks quite tight for third place with only 0.5 of a point separating three teams: the

Gambits for the time being sit in third place but Rhondda A have a game in hand.

The Barry Chess Club meets at 7:30pm most Mondays (excluding Bank Holidays) at the West End Club, St Nicholas Road, Barry CF62 6QY. The club is open to players of all standards; whether you are interested in playing competitive chess or just the occasional friendly games.

New players are very welcome to just turn up on the night but it is better to contact one of the club members through the website first so that we can explain what is happening on the night you have in mind and arrange for someone to greet you on your arrival. For more details visit our website at barrychessclub.yolasite.com.

PJ

Men's Skittles league results

HERE are the latest results from the Barry Men's Skittles League:

Holme Towers Cup, preliminary round: Merrymen beat KP Rejects, 49ers beat Ex Servicemen.

First Round:

Hairy Lemons beat Billy Flyers, Barry Park B beat Cocoa Nuts, Mighty Dockers beat Exiles, Merrymen beat Witchill Nomads, Bunker Boys beat Park

Lads, Posties beat Royalists, CUD beat Billy Bluebirds, Billy Whizz beat Castle Boys, Willie Wombles beat British Rail, Sea View beat Alternatives, Colcot Boys beat Cannon Balls, Tynny Lads beat Cavaliers, Park Rangers beat BP Breakaways, Abercete beat Witchill Poachers.

View all results and league tables at www.barryleagues.co.uk.

JW

Visit our website for all the latest news and sports reports